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Monday, November 4, 2002

Conestoga College, Kitchener

34th Year — No. 23



(Photo by Stacey McCarthy)

Prizes for a good cause

Julie Welch, a co-op placement officer at the college, stands with prizes for the United Way draw. Full-time employees were entered into the draw if they returned their pledge cards on time. Conestoga College hopes to raise \$40,000 for the United Way campaign this year.

White ribbon against pornography

By CARLA SANDHAM

Pornography hurts is an important message that is conveyed in two billboards in the area.

It is also something that local groups and those from all over the country wanted to emphasize during the national White Ribbon Against Pornography campaign, from Oct. 20 to 27. People wore small white ribbons imprinted with their signatures in recognition of the week, which was sponsored by the group Canadians Addressing Sexual Exploitation.

Rev. Robert Merritt, of First United Church in Cambridge, who has supported the campaign for seven years,

said everyone present in his congregation signed a white ribbon.

The ribbons have now been sent to Ottawa contesting two loopholes in Canada's child pornography laws.

The first loophole concerns the age of consent law, which gives adults permission to engage in sexual activities with a child 14 or older if the child consents.

The other is a ruling by the Supreme Court of Canada that states child pornography "of any objectively established artistic value, however small, suffices to support the defence" of possessing it.

Also, the court ruled that "community standards of tolerance" could not overrule "artistic merit."

"I find it appalling," said Merritt, who added a child of 14 might only be in Grade 8.

He also said he is frustrated with the anonymity of the Internet, where young children can be lured into dangerous situations, something he said is "scary."

Merritt plans to make a personal appeal to Justice Minister Martin Cauchon this year. He said it has been an uphill battle but he hopes to get attention in Ottawa.

He said he and his church will continue supporting the annual campaign until the law is changed.

Anyone wanting more information about the campaign can visit www.c-a-s-e.net.

PR program gets the nod

By MICHELLE TAYLOR

It's unanimous.

During a meeting on Oct. 28, Conestoga College's Board of Governors approved a proposal to the Ministry of Education for a two-year public relations program to start next fall.

Pat St. John, a former vice-president and dean of applied arts at Conestoga, volunteered his time to present the information to the board. According to St. John, currently president and CEO of Shad International, the program was proposed a couple of years ago.

"We needed a three-year program with public relations in advertising and design."

The Ministry proposed two separate programs, so one year ago the college put together the advertising program which started this fall. Now the college is proposing the public relations program.

"We wanted to determine the need in the community," St. John said. "There certainly was a need for (public relations and advertising)."

Also during the meeting, board members discussed the promotion of Conestoga College. John Tibbits, president of the college, said 15 years ago aggressive advertising for applicants was vital because enrolment at colleges was down. Now it isn't necessary.

"We made a conscious decision

to focus on our region," Tibbits said. "We were getting beaten up in our own community because people were leaving the area rather than staying."

According to Tibbits, focusing on the community rather than spending money on advertising on subways or radio stations in Toronto has worked well for the college.

"We try to be cost-effective," he said. "I think it's better to be first in KPIs (Key Professional Indicators), services and academic standards."

In other business, the status of applied degrees for the advanced manufacturing and technologies wood and composite products program and architecture project and facility management program have not yet been announced by the government. Tibbits said he hopes to hear the formal announcement soon. The earliest the decision will be made is Nov. 8 and the latest Nov. 14.

"To say we aren't antsy or uptight about this would be an understatement," he said.

The problem, according to Tibbits, is there are 30 proposals in front of the Post Secondary Quality Insurance Board and they are only allowed to recommend 12.

They are still determining which ones will be given the stamp of approval.

Protect yourself against the flu bug

By AIMEE WILSON

Now that the leaves are falling and the temperature is dropping, that horrible creature, known as the flu bug, comes out to play.

Therefore, protect yourselves by rolling up your sleeves and getting vaccinated. On Nov. 6, 7 and 8 at the college, there will be free flu shots given in Room 1B25 from 9:30 a.m. to 3:30 p.m. Health cards are needed.

"We are aiming to have 70 per cent of the total college population immunized," said Joy Hancock, a registered practical nurse at Conestoga College.

Millions of Canadians are affected by influenza every year. Even though you may be healthy, it is still important to get the vaccination. Not only are you protecting yourself, you are also preventing the spread of the illness.

The virus is spread through the air and by touching contaminated surfaces such as doorknobs, tele-

phones and people's hands. Viruses thrive in crowded, indoor environments. In an environment such as a college campus, it makes it easier for the virus to spread. "We have contact with so many people," Hancock said.

According to Health Canada, the flu season usually runs from November to April.

The symptoms of the flu typically start with a headache, chills and coughing, followed by a fever, loss of appetite, muscle aches, fatigue, runny nose, sneezing, watery eyes and throat irritation.

There is a common belief that flu vaccinations actually cause you to get the flu. This is not true. The vaccination is produced in a laboratory from dead fragments of the influenza virus. "It is not a live vaccine," Hancock said.

The vaccine takes about two weeks to begin to protect you from the flu virus. Within that period of time, your body makes antibodies to the vaccine virus. Therefore, it is

still possible to get the flu during that two-week period. The vaccine is about 70 to 90 per cent effective for healthy people. "The effectiveness of the vaccine varies due to your own immune system," Hancock said.

Every year different strains of the influenza virus develop. Therefore, the flu vaccination has to be updated annually, which is why it is necessary to be immunized each year.

The only side effects to the flu shot are soreness, redness or swelling where the shot was administered and muscular aches that last a couple of days. Life-threatening reactions are rare. According to Hancock, more people can have a reaction to Tylenol or Aspirin.

Other ways to stay healthy, according to Hancock, are to take a multi-vitamin, keep well-nourished, reduce your stress and always wash your hands.

Anyone with a severe egg allergy,

an allergy to Thimerosal (a preservative) or Neomycin (an antibiotic) should not get the flu vaccination. If you have concerns about any other allergies, call your physician.

"Don't be afraid to ask questions," said Hancock.

Other free clinics will be held in Waterloo region between Nov. 1 and Dec. 9.



(Photo by Aimee Wilson)

The flu vaccines in this bag will be used at the free flu clinics being held at the college on Nov. 6, 7 and 8.

Media panel advises students about industry

By SINEAD MCGARRY

"Just do it," the famous slogan used by Nike, was the valuable advice given to aspiring students at the Employ Yourself seminar.

Students from all over Waterloo region flocked to the Waterloo Recreation Complex on Oct. 22 for a chance to gain insight into the media industry from five experienced panelists. Dennis Watson, the vice-president and general manager of CKCO television, hosted the panel discussion, which included Lia Rosekat of CKWR 98.5 and Rogers Television, Christina Tyson, the co-president and CEO of Digital North, Aggie Beynon, the owner of Harbinger Gallery, and Steve Roth, the general manager of the Waterloo Stage Theatre.

Each panelist has been a success in their field, whether in broadcasting, acting, or the Internet. While the panelists all have unique backgrounds and excel in different areas, they all share a similar outlook. "The media industry is a very

hard business to get involved in, the competition in this industry is so fierce," said Watson, who originally wanted to become an airline pilot. He later got cut from an aviation program and began studying marketing at Seneca College instead. Watson began a work term at CKCR in Barrie and then fell in love with the business. He lived in four different area codes before beginning his job at CKCO, where he has successfully worked for seven years.

Learning computer skills, how to multitask, and volunteering are Watson's three keys to success. He ended his eight-minute speech with a final piece of advice: have a plan. "People don't plan to fail, they fail to plan," he said.

Watson turned the floor over to Lia Rosekat of CKWR FM 98.5 and Rogers Television. A news director and morning show co-host, Rosekat is a prime example of someone who conquered the negativity and criticism of her field. "I love my job, I love being the first to tell people about

things," said Rosekat.

She graduated from Conestoga College's broadcasting program, and landed her first job in London as a community reporter. This enabled her to parachute, race cars, and Skidoo for community cruiser reports. Currently her two jobs are keeping her extremely busy: "Broadcasting is not a job. It's a lifestyle," she said.

Rosekat's day consists of waking up each morning at 4 a.m. and heading to the CKWR studio. She begins her daily routine by preparing interviews and compiling leading stories. Rosekat cites the thrill and excitement of breaking news as the reason why her early mornings are so enjoyable. "Getting my hair done once a week is also a bonus of the job," she said.

Rosekat shared some of the helpful tips that allowed her to reach her goals in the highly competitive broadcasting industry: be a good listener and effective communicator, be open to opportunities, and grow a thick skin.

"Every individual who is trying

to be involved in this business needs to be like a duck let ... things roll off your back," she said.

Steve Roth the general manager of the Waterloo Stage Theatre, was undecided on his goals for the future after graduating from the broadcasting program at Conestoga College. Roth worked at the Beer Store for six years before becoming involved in music productions and plays locally. He soon became involved in the Waterloo Stage Theatre, located at 24 King St.

"My advice to aspiring students who want to have a career in the arts community is volunteer and get involved as much as you can," said Roth.

Aggie Beynon the owner of Harbinger Gallery, is determined to promote Canadian artists and serious professionals in the Waterloo arts community. Beynon, who has managed the gallery for 15 years, said the Waterloo arts community is vibrant and creative. Her gallery has showcased six artists and has hosted 20 to 25 solo and group showcases. "Honesty,

balance, and satisfaction are the key components that artists need to inherit in order to be successful," she said.

Beynon continues to showcase up and coming artists, as well as promoting her new book *The Rise of the Creative Class*.

Christina Tyson, the co-president and CEO of Digital North Media Inc., explained her extraordinary success story to the audience. Tyson relocated to Canada from her native Greece after experiencing an earthquake in her hometown. After many career changes and uncertainties, Tyson became involved with the Internet and computers.

"The Internet is a developing technology, where there is still so much to learn about and discover," she said.

Tyson praises the Internet as a form of communication to teach, tell stories, and learn through the media. "Have total confidence in yourself and listen to your heart. This is an industry where talent can shine," she said.

Grad job rate high

By REBECCA LEARN

Conestoga College has reached a graduate employment rate of 92 per cent for the third consecutive year.

Independent surveys of Ontario community college graduates, in 2000-2001, show that 92 per cent of Conestoga's full-time students have found jobs within six months of graduation.

"We've been pleased to see it has remained consistent through last year's tough economy," said Mary Wright, manager of student employment at Conestoga College.

The survey was conducted by Forum Research Inc. for the Ministry of Training, Colleges and Universities.

It also showed that 75 per cent of students found jobs that directly related to their field of study and 20 programs had a 100 per cent employment rate.

Journalism, early childhood education, paramedic, civil engineering technology and welding fitter are just a handful of the programs with a perfect employment rate according to Conestoga's Graduate Employment Report.

"We were third for placement rates overall," Wright said.

According to the survey, these graduates will start out making approximately \$26,521 in applied arts, \$29,347 in business, \$27,823 in health sciences and community services, \$34,566 in engineering technology and \$29,852 in trades.



(Photo by Blake Gall)

Jeff Kudlik, 26, a volunteer at Rogers Television, helped show students the employment opportunities in arts and culture at the Employ Yourself career trade show Oct. 22.

Students explore post-secondary options

By BLAKE GALL

Employ Yourself is helping students explore their career options before choosing a post-secondary institution.

Arts, culture and communication, the first of 10 forums, was displayed at the Waterloo Memorial Recreation Complex Oct. 22.

"This forum is creating awareness about the different career opportunities available in the Waterloo region," said Rose Noonan, chair of the event.

Noonan, a consultant with the Waterloo Region District School Board, helped organize the event in partnership with Rogers Television.

Included in the displays were 20 local companies involved in arts and culture along with Conestoga College, Wilfrid Laurier University (WLU), and University of Waterloo (UW).

"This originated from so many parents and students saying, 'I don't know what I want to do when I finish school.' This was a way to help them explore their options," said Noonan.

Students were able to walk around looking at various displays

to see if anything would spark their interest.

"We have a bit of an interactive display that allows people to see what we actually do," said Steve Simic, producer of First Local on Rogers.

"The interchange and communication will draw people here," said Lynn Haddrell, editor-in-chief of The Record in Kitchener.

Noonan pointed out that the turnout was better than expected saying, "We had a slow start."

Many other businesses participated in the forum including Breslau Art Glass, CHYM FM 96.7, Hiretech Systems, K-W Symphony, and Theatre & Company.

After viewing the career displays students had the opportunity to inquire about schools in the area.

Representatives from Conestoga College, WLU and UW attended with information about their institutions.

"They (the attendants) get a chance to see actual things that students have produced while they are in school," said Violet Boutilier, co-op adviser and employee liaison at Conestoga.

Boutilier's display included art-

work from the graphics design program, issues of Spoke, information booklets and various items for people to pick up to remind them of Conestoga.

UW representative Simon Lam, 22, studying kinesiology, felt the event had a lot of appeal to high school students.

"Stuff coming out of books had no real relevance to high school students as people, so we're here to fill the gaps," Lam said.

UW promoted their drama, music and speech communications programs.

WLU had a smaller display due to the current strike.

The career trade show was followed by a panel discussion in which students could ask questions about arts and culture.

More forums like this one are being held to focus on different career options in the area. The next forum is scheduled for Nov. 19 at the Waterloo Memorial Recreation Complex focusing on health.

"If tonight was any indication I think it's going to be a super success," said Noonan.

For further information or to register for one of the displays visit www.employyourself.ca.

PEER SERVICES OFFERS:

PEER TUTORING: Tutors are available to assist students with subject specific difficulties. Tutoring can help improve marks and understanding of course material. The cost of tutoring is \$15 for 5 hours of tutoring.



PEER HOST SERVICE: Volunteer peer hosts provide support and friendship to students from other cultures. Peer hosts can help students improve their English, learn more about Canadian culture and Conestoga College.



TO APPLY FOR A PEER TUTOR OR PEER HOST, VISIT STUDENT SERVICES (2B02)



Residence changes to accommodate student

By KATE D. VANDEVEN

Obtaining funding, finding accommodations and locating volunteers are just a few of the obstacles that Marty West and his family had to overcome as he prepared for college. Nevertheless, after two years, with the help of the Conestoga Residence and Conference Centre, Marty's dream of beginning college has become a reality.

West, 24, of Stratford, suffers from three forms of cerebral palsy, which have caused his quadriplegia. To find accommodation was a difficult task.

Fortunately for West, residence has two barrier-free suites, which means the rooms are larger than typical rooms and are wheelchair accessible.

However, to accommodate West, residence officials had to do a little work of their own.

A magnetic door opener was installed on West's wheelchair, which allows him to open not only his own door, but also the doors throughout residence with just a

push of a button.

His desk and bed were raised and a lift and commode were purchased. Numerous phone calls and postings were also made to help find assistance and addresses should any mechanical problems arise.

Sarah Viola, assistant general manager at the residence, works the closest with West, who she considers a friend.

She said West was frustrated during the initial weeks as he needed someone at all times until his required equipment was installed.

However, now that everything is in place, he is doing much better and is able to focus more on school.

West is majoring in accounting and Viola thinks he is "sharp as a whip."

Mary Reiger, who is West's educational assistant, also said despite the fact it will take West about five years to finish the three-year course, he is "extremely bright," really good with numbers and is doing "awesome" in college.

Reiger, who has been working as an educational assistant for three years, takes notes, proctors tests and exams, translates, does personal care and helps West with his lunch five days a week.

However, she said she is not West's tutor, only his "eyes, ears, legs and arms."

West said what he likes the most about being in college is that he gets more respect than in high school, he likes having people around all the time and he likes having more independence.

He said his program is "very, very good" and he likes all his teachers because they are helpful.

West also said he enjoys having a roommate, who he described as a nice guy who helps him out all the time.

West hopes to live in residence for his remaining years in college.

As for other disabled students who are to come in the future, Viola said along with the two barrier-free suites, residence also has another room, which is not wheelchair accessible, but is accessible for blind students.



(Photo by Kate D. VandeVen)

Conestoga Residence and Conference Centre managers added magnetic door openers, a raised desk and bed and new lift and commode to help Marty West fulfill his dream of starting college.

Woman diagnosed with MS copes with her disability

By LESLEY LEACHMAN

"Live for today, look towards tomorrow and know that you can't do anything about yesterday." These are the words one woman has come to live by after being diagnosed with multiple sclerosis 13 years ago.

"One day at a baseball game the left side of my stomach just froze. The next day it moved down my back and then down to my ankle," says Florence Peer, 59, of Puslinch.

"At first he (the doctor) thought it was shingles, but (the medication) they gave me for it didn't work. Then he told me he thought I had MS."

Multiple sclerosis (MS) is a disease of the central nervous system

(the brain and spinal cord).

It causes the swelling and breakdown of the myelin sheath that usually shields nerve fibers in the central nervous system.

MS most often strikes people between the ages of 20 and 40. However, some people are diagnosed in their childhood and others can be in their 50s.

Women develop MS almost twice as often as men.

Two basic signs are essential to verify MS: signs of the disease in several parts of the nervous system and at least two signs of flare-ups of the disease.

Peer is one of the 50,000 Canadians that have been diagnosed with MS.

However, when her doctor told her she had the disease, she didn't

know what it was.

"After he (the doctor) told me, I probably just went on to talk about the weather," says Peer.

"When I came home I looked it up in the encyclopedia and it said MS was a neurological disease and that you could end up in a wheelchair. Then I told my parents and I was just a basket case. I thought, why me? What did I do?"

Fear, anger, depression, disbelief and guilt are all common emotional reactions to MS, both for the victims and for their loved ones.

"At first I was shocked because all this time I thought (her symptoms) were just arthritis," says Peer's mother, Edith Inglis. "I felt just terrible for her."

However, people that have MS can join support groups, which help them cope with their disease.

"It helps to be with someone else who has the same thing as you," says Peer.

"Not everyone has the same symptoms, but it's good to know that you're not the only one with MS."

The symptoms of MS range from occasional numbness and tingling in the limbs to fatigue, muscle spasms, sensitivity to heat, weakness in the muscles, poor vision, poor bladder control and paralysis. It can also affect the capability to remember, solve problems or concentrate.

Peer is one of the 50,000 Canadians that have been diagnosed with MS.

Normally, MS is a relapsing-remitting disease. There are flare-ups called exacerbations or relapses when symptoms become worse, followed by remission when symptoms decrease.

Peer is fortunate in the sense that she hasn't developed anything severe enough that would

cause her to rely on a wheelchair, but she still has to cope with several symptoms.

"I do have a dropped foot, which means my ankle won't hold me up, so I have to wear a brace," she says. "And my hand up to my elbow tingles."

Also, stress can trigger flare-ups in MS patients. Life changes such as giving birth or the loss of a loved one can cause a flare-up.

However, sometimes it won't occur for months afterward. Everyday stresses can affect MS patients as well.

"If I get really upset, I get pains in my stomach," she says. "I just have to learn to walk away from the stress and take my mind off of it."

Although MS hasn't changed Peer's lifestyle dramatically, there are still things that she isn't able to do.

"I'm more active than some people with MS, but I get frustrated with the things I can't do anymore," she says.

"For instance I used to like to cut the grass and I used to work in the garden."

Although there is no cure for MS, new methods of treating the disease are being developed.

Since 1995, four medications for treating MS have been approved in Canada. The treatments have been shown in clinical trials to decrease the severity and frequency of MS attacks.

There are several fundraisers in Canada that help support MS services and research.

The Super Cities Walk, which is a one-day, non-competitive walk that helps raise money for the MS society of Canada, is run in the spring all across the country.

"Over the years I've probably raised about \$13,000 for MS through the walk," says Peer.

"In the last couple of years I've tried not to walk, but people keep giving me money so I figure I better keep doing it."

Also, there are community fund-

raisers that help support local MS Society divisions.

"Every fourth Thursday of the month we hold a bingo night at the Lion's club," says Sadie MacArthur, a Cambridge unit MS society worker.

"We try to encourage people

"Not everyone has the same symptoms, but it's good to know that you're not the only one with MS."

*Florence Peer,
multiple sclerosis
sufferer*

with MS to come out and have a good time."

Through the 13 years Peer has battled MS, she has found that it makes her a lot more compassionate towards other people with diseases and disabilities.

"Sometimes I can spot people (with disabilities) and other people can't see it," she says.

"I'll have to say to someone, you need to help this person because they can't do it alone."

Along with this compassion, Peer has discovered the courage to cope with MS.

"Sometimes I have to remember that there are people with MS much worse off than me," says Peer.

"There was a lady who was diagnosed at the same time as me and she had to be put in a home. I haven't progressed the way I thought I would have."

"She is a very strong person to have coped with it the way she has," says her mother. "She's doing very well."

Despite all she has struggled through, Peer remains optimistic about her situation.

"It's like my mother-in-law told me — if God hadn't thought I couldn't handle it, he wouldn't have given it to me," she says.



(Photo by Lesley Leachman)

Florence Peer shows off her fall display at her home in Puslinch.

Media play role in sniper arrests

In March 2001, United States Secretary of State Colin Powell said, "Community newspapers do not just tell the story of American freedom, they are that story."

And so it is as well in this fair country of ours. So what role do the media play in the way we see our world? And, more importantly, what role should they play?

Free press and free expression are crucial components of any democratic society. The media tell us the stories that make up our lives. They inform and sometimes entertain us. They keep an eye on those who have the power to make decisions or take action that may not always be in the collective best interest of our population.

And yes, sometimes the media make mistakes.

The recent sniper horror that has unfolded in the U.S. over the last few weeks has given all of us plenty to talk about. Well, one of the tricks in the media business is knowing how much to say and when to say it. The dissemination of information is a task that often finds the media walking a tightrope — arms outstretched and waiting to fall.

The undeniably symbiotic relationship between the media and law enforcement comes under intense scrutiny in any publicized situation. In a situation like the one brought about by the sniper, this relationship, often tense at the best of times, winds up suffering increasing pressure as it struggles to provide some kind of balance between the public's need to know and the protection of an ongoing investigation's integrity.

When police approach the media with a request to withhold information, the media find themselves in a compromising situation.

Since keeping their audience informed is so essential to the role of the press, withholding crucial information may be seen as a failure to do their job.

In an ideal world, of course, the media would only be asked to keep secrets when absolutely necessary to avoid compromising an important investigation. Unfortunately, we do not live in such a world and sometimes the media must do what they feel is best. And sometimes that means sharing the information.

In the case of the sniper, the media were criticized for offering sensitive information to the public.

Did the release of that information hamper the police investigation? Perhaps. And were the police justified in their criticism of the media? Maybe.

When the police later turned to the media for help with the immediate release of specific information, there were numerous commentaries to be seen, heard and read, saying the media were merely being used by police.

Was that truly the case? Yes, it probably was. But is that really the point?

Such is the nature of a give-and-take relationship.

At some point, hurt feelings and out-of-joint noses need to be cast aside.

The role of the media is not only to inform, but also to collaborate with police whenever possible. At least it should be, especially when it comes to restoring or protecting the public's safety.

Police would have caught the sniper suspects eventually without the media's help. But the co-operation of two such powerful forces likely sped up the process a little.

And what that amounts to is much more important than criticism and blame. Together, they saved lives.



Parking thieves slip under the bar

I wonder, will I say to my grandchildren, "In my day parking was only \$3.25"?

No. I will remember the day that I parked at school and someone took advantage of me for \$3.25.

But this isn't about the skyrocketing prices of parking. It's about people who are too cheap to pay for parking at the college.

While I usually take the bus to school, I found myself in a bind after I missed it one morning. Instead of being late, I drove my car.

A new machine in Lot 11 requires drivers to pay before a security bar rises, allowing them to exit the lot.

In previous years, many people were "forgetting" to buy tickets from the dispenser, like the one still used in Lot 1.

I admit to occasionally taking advantage of the previous method by not paying. And perhaps if I had been honest this wouldn't have happened to me. But karma has a funny way of catching up with you.

Upon leaving school, I went to



Laurie Vandenhoff

Opinion

my truck and prepared to leave.

I wasn't in a hurry to get home, so instead of throwing the gear into reverse, I slowly got my money out for the machine.

Just when I was ready to go, I glanced behind me and saw a car waiting on my right, lingering like the ones who wait for your parking spot at the mall.

But the lot was fairly empty and I assumed they were also getting ready to leave. So I sat idling for another couple of minutes.

When I looked again, the car was still there, so I thought, "What the hell, I'll just go."

I headed toward the toll box and now the car was right behind me.

Suddenly it occurred to me that they might be trying to get out without paying.

Sure enough, as I pulled out

after the security bar raised, the car was on my tail, sneaking out before it lowered again.

I couldn't believe they actually got away with it! I felt used to say the least.

To make matters worse, while looking in my mirror, I could see them laughing.

Yup, there were two of them in the car. I was the lone sucker who paid \$3.25 to park and these two got away without paying a cent.

I felt like a sucker.

The thing that upset me the most was how long they waited for me to leave.

Unfortunately, they were not the first to do this.

Conestoga's security personnel says this has happened before. The speed of the security bar has been increased since the beginning of the school year. "Apparently it isn't working though," they said.

Now that it's happened once, I won't let it happen again.

As for those who played me for a fool, you may have won this time, but karma has a funny way of coming around. I should know.



Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

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History and fun at Dawn-Glo

By MICHELLE TAYLOR

A little bit of history is just minutes from Conestoga College.

Dawn-Glo Village and Stables, located at 437 Pioneer Tower Rd., Kitchener, is one of the first farms settled in Waterloo County. According to Dawn-Glo's Web site, Joseph Schoerg and Samuel Betzner travelled here from Pennsylvania in 1800 to settle on the banks of the Grand River on a site that today houses Dawn-Glo.

However, its current site wasn't the first Dawn-Glo farm. In 1800 Bill Easton's great-grandfather left native England and settled outside Ayr, Ont., naming this farm Dawn-Glo.

In 1976 Easton and his family purchased the Betzner farm and called it Dawn-Glo Stables. Easton said the family purchased the farm because it was close to town and it worked for what they needed for people who love horses.

The family has, over the years, worked to keep the farm as original to the 1800s as possible. In 1996 the adjoining farmhouse, settled by Schoerg, had been sold for development and the Eastons came up with a plan to keep the farm heritage: a bed and breakfast restored it to its original 1800 décor. Easton said business has gone well. "It's been running for six to seven years and it has been pretty good," he said. "A lot of people enjoy it."

When you visit the bed and

breakfast you are transported back in time to a life of beauty. The building has five bedrooms decorated in a "unique" way and an oversized farm kitchen. Step out of the building and take in the view of the Grand River phrased "Little Paradise" by the settlers of the area.

Dawn-Glo Stables has become Dawn-Glo Village and Stables over the years. It has added a petting farm, bird aviary, country playground, and meeting house. The stable offers trail rides and western riding lessons as well. "We offer lessons from (age) eight and up, from beginner to showing," Easton said. "Trail rides are offered every day weather-permitting." Even on a rainy day visitors can be seen taking in the sights and sounds of the farm.

"Sixty per cent of our business is spread out over two months of the summer."

*Bill Easton,
owner, Dawn-Glow
Village and Stables*

Open all year round from dusk until dawn visitors can hike, fish, snow shoe and cross-country ski. Access to the Grand River trails is a step away. "Trails are groomed for hiking and open to the public," he said.

Tours of the Waterloo Pioneers Memorial Tower are also offered. "It was built as a monument to the first settlers," Easton said.

The tower is run by Parks Canada, so it falls under the jurisdiction of Woodside National Historic Site. Woodside is located on Wellington Street North in Kitchener and is home to Canada's 10th prime minister.

Diane Paquette, management services clerk at Woodside, said the tower was built over a period of three years. "In 1923, descendants of the first settlers and some members of the Waterloo Historical Society created a memorial association. This association purchased one-acre of land on the Betzner homestead where several settlers were buried." According to Paquette, the tower was declared a national historic site in 1926 when it was completed.

The farm also has a charity rodeo every year. "The rodeo attracts over 5,000 people over two days," Easton said. The rodeo is held in August with the money earned going to Crime Stoppers. "Sixty per cent of our business is spread out over two months of the summer."

Dawn-Glo Village and Stables has a Tip-A-Mug saloon and a craft store as well.

When asked what it's like to work on a horse farm Easton said, "It's been home for 30 years. It's our hobby and it's our living."



(Photos by Michelle Taylor)

The Dawn-Glo Village and Stables is open year round for trail rides, hiking, fishing and horseback lessons. Below, the view of the Grand River from the backyard of the bed and breakfast on the premises.



VIP/CIP 2002



**Wednesday, November 13
8:00 am - 2:30 pm**

3500 or more High School Students will be at Conestoga College to visit with 25 Ontario Colleges and learn about Conestoga College Programs.

BE PREPARED

for crowds, long lunch lines & class cancellations!



The general public is also invited to join Conestoga College & 24 Ontario Colleges for an open House at the Conestoga College Recreation Centre on Tuesday, November 12 from 7:00 pm - 8:30 pm.

**Interested in volunteering your time for either of these dates?
Have any questions or comments?**

Contact Jan Stroh at 519-748-5220, ext. 3279.

Student gets award

By ANDREA SMITH

Students who passed the principals of buying exam last year received their certificates Oct. 21 and one student was awarded a \$1,000 scholarship.

Second-year students in the purchasing program choose whether or not to take the exam. The principals of buying course is the first of four courses needed in order for students to receive their Certified Purchase Professional (CPP) certificate.

CPP is the highest certificate in Canada. Students usually receive it five to 10 years after they graduate.

"The purchasing course is like two courses in one," said Paul Knight, a purchasing teacher, adding, "It counts as a college credit and you can volunteer to pay money and take the principals of buying exam."

This year about 95 per cent of the students in the purchasing course paid \$225 to write the exam.

Student Jeanine Misener won a \$1,000 scholarship presented by the Purchasing Management Association of Canada (PMAC) for achieving the highest mark on the exam. Misener is a member of PMAC and is registered in the principals of buying course, which is a requirement to win the scholarship.

PMAC also provides the principals of buying certificates.

"I am going to spend the money on tuition and maybe on a couple of outfits," said Misener, adding, "I am going to need new clothes for interviews."

Misener will also receive a



(Photo by Andrea Smith)

Jeanine Misener (middle) receives her award from Purchasing Management Association of Canada member Dorthea Witzke (left) and president Kari Blake.

plaque. PMAC decided last year's plaque didn't do the award justice and has found a plaque that is more prestigious looking. It will be available sometime next week.

The purchasing course is part of the three-year business administration material management program. The two main areas in the program are purchasing and production and inventory control.

"The certificate looks good on your resume. Employers look at it and it shows a giving of time, dedication to the profession as well as passion to your job," said Kari Blake, president of the central Ontario district of PMAC.

The PMAC head office in Toronto used to hand out the principals of

buying certificates but stopped because of cost-measuring.

"I wanted the students to have something framed for their hard work," said Knight. "So I got together with the executives of the central district. They have been good supporters for six to seven years now."

A student appreciation night will be held in January by PMAC. Students are invited to attend the free event, which includes a dinner. They will meet members of the PMAC and pair up with professionals.

If you are a member of PMAC, which costs \$65 to \$75, you can attend any monthly meeting the association holds. There are 75 members of PMAC this year.

Christian group is going strong

By REBECCA LEARN

Students attending a recent meeting of the Conestoga Christian Fellowship were there because they were curious, or because they wanted to learn more.

David Robinson, a pastor from Cambridge, is running the group that is beginning its fourth year.

He said everything started when a student he knew came to Conestoga for a semester and learned there was no Christian support. Robinson said this gave him the idea to form the group.

"The primary goal is for those around campus who want to take a stand for Christ" to spread the word to others around campus he said at the meeting.

To begin, the group of 18 introduced themselves and briefly got to know each other. Not everyone was a Christian.

One young woman from Beijing, China said she came because she was curious and wanted to listen.

"Take a look at the person next to you in class, or a person walking down the hall, and say I wonder if that person has ever heard of Christ," Robinson said.

He led a group discussion on what is politically correct and incorrect in a church. Robinson also asked for thoughts on how

being politically correct carried over into everyday life.

He then read Bible verses from a handout that everyone was given, and explained their meaning after which he answered questions and listened to participants' thoughts.

Barbara Sayer, a second-year

"We've seen signs with X's through them and bubblegum on them."

Barbara Sayer,
fellowship member

recreation and leisure student, said she learned of the group through friends of hers from home.

Sayer said they told her she should come out and she has been in the group for the past two years.

The group just had a sports night and barbecue Oct. 19. They are also scheduling a worship service to take place Nov. 6 in the Sanctuary.

Sayer admitted there is a lack of respect for the group among some within the school.

"We've seen signs (announcing group meetings) with Xs through them and bubblegum on them," she said.

From the Sanctuary

Cheer like you've never cheered before

This year's men's soccer team did something they don't do very often. This year they made the playoffs.

Some might see it as a shock, however it shouldn't be that way. Our students should be proud our varsity athletic teams make the playoffs. Our students should be at these playoff games to make sure our varsity players know they have the support of almost 6,000 students behind them.

Knowing that you have a large group of people rooting for you is a huge psychological advantage for any sports team. And having a sea of Condors fans surrounding the rink, court or pitch is a scary prospect for any visiting team.

Every year all Conestoga students pay a fee that goes towards funding the recreation centre and varsity athletics. It's a non-refundable fee that we all pay and we should get out and use it. Not every person at this school is of the calibre to play varsity athletics. It is what it is. But watching sports from the stands is almost as much as playing.

Think about it for a second.

As a fan, you don't have to run around getting all sweaty and dirty. You don't get banged up or hurt.

And the best part is that you get to voice your opinion about the officiating and not suffer any penalties.

Fans get to do all this and still have the same camaraderie as any athlete. Watch any pro sports and you'll see hundreds to thousands of rabid fans with their faces painted and wearing their team colours.

And no matter the outcome of the game, the fans will always come back for more. And that's because they love their teams.

We need that here at Conestoga. Our athletes deserve it. We owe it to our school pride. We need to tell any and every opposing team that they are coming into our house and they better get ready to go home knowing they came to the rowdiest school in Ontario.

Any opposing team would think twice about wanting to play at Conestoga College if they saw a horde of Conestoga students cheering loudly for their Condors.

Our athletes would take it up a notch to try and impress the fans in the stands. Those athletes who thought about playing for the Condors but didn't might come to regret their decision.

About two years ago, Conestoga hosted the men's national hockey championships and ended up winning the silver medal.

The fans that were in the stands had a blast because they were cheering for their home team. The fans that missed those games won't ever know what they are missing.

But Conestoga students will never have to worry about missing any exciting action if they came to watch their teams play.

See you at the game.

Jody Andruszkiewicz
CSI events programmer

— CSI advertisement —

No gossip is good gossip

Have you ever lowered your voice and quickly scanned the room before talking to a friend? Chances are you were spreading gossip.

We're all guilty of it — making someone else the topic of our conversations. And stopping its spread is one of the hardest addictions to break.

Even though we're all responsible for spreading gossip, few enjoy being the topic of it. This should be a clear lesson to gossipmongers of how hurtful and upsetting gossip can be. Despite this, it continues to run rampant.

I was the source of a rumour at work last week after my manager did something I disagreed with. However, instead of confronting her with my concerns, I chose to speak about her actions and attitudes with my coworkers instead.

Unfortunately, I ended up telling the wrong person and it got back to my manager. I will never forget the expression on her face when she confronted me. It was a confused look of hurt and betrayal. And I couldn't deny what I had done — I had gossiped about something that wasn't really my concern. But more importantly, I should have brought up any issues I had to my manager instead of gossiping about them behind her back.

I was embarrassed and disgusted with myself. The situation could have been resolved much more easily if I'd had the guts to approach my boss to settle the issue.

The motive in spreading gossip is not usually to be deliberately cruel



Stacey
McCarthy

Opinion

or to create strife and turmoil. We do it because spreading rumour and innuendo is exciting and dangerous. We like to be privy to information others don't know about. But that leads to another dangerous aspect of gossip — it tends to get exaggerated with each new telling.

That's because while we enjoy knowing information that others don't, we also enjoy the reactions we get when we spread rumours. It's almost a form of entertainment. The phrases, "Oh my God, are you serious?" or "I can't believe it. Where did you hear that?" are like music to our ears. As a result, gossipers are tempted to embellish stories to make them more exciting.

It's a rare occurrence when gossip is used for good. The very nature of it — sneaky, sinister and whispered — doesn't paint it in a positive light.

Those who spread it — and that's all of us — usually end up hurting the feelings of the people they talk about. And even though that might not be their intention, it's the probable outcome. So before you whisper that next tidbit of information into your friend's ear, ask yourself why you are doing it and who you might be hurting in the process.

Following the path of paganism

By PETR CIHACEK

Interested in paganism and other unconventional spiritual paths?

Then you should check out Waterloo's Infinite Circle, a group of 40, mostly pagans, who gather to discuss alternative religions and engage in pagan rituals.

Sounds good, you might say, but what exactly does paganism mean?

Samara deBoer, a member of the group, explained that a pagan is "someone who likes to be in touch with nature and senses the spiritualness of the world around you."

Rebecca van Koot, the co-director of Infinite Circle, said the word pagan is an "umbrella term (for) anyone who abides by earth-based religion."

Van Koot said each of the pagan gods and goddesses represents different characteristics that people identify with.

"Some people have their personal deity that they like to talk to," said van Koot. "I personally don't worship any specific named god or goddess."

Van Koot said she communicates with the deities ritually or just by lighting a candle and meditating in her room.

There are also so-called eclectic pagans. One of them is Infinite Circle adviser Lance Gilroy.

"I study a whole bunch of religions," said Gilroy. "And if I find something that clicks with me, I incorporate that."

Interestingly, Gilroy, deBoer and van Koot were raised in Christian families.

"It wasn't for me," said van Koot about Christianity. "There are things that just didn't make sense to me, that didn't answer my questions."

DeBoer said she did not believe in the Christian idea of God from a young age.

"I didn't agree with original sin

and a lot of other beliefs that I found myself always questioning," she said.

But van Koot said Christianity works for some people and everyone should respect other people's beliefs.

"My parents and my little brother are very happy with what they believe," she said. "And I don't hold anything against them for that, it's their belief system."

Gilroy said intolerance and bigotry is the source of religious conflicts.

"I'm of the opinion that whatever god you believe in, it's all the same," he said. "It's the power of the universe describing itself to you in the way you can understand. There is no point in arguing which way is right."

Gilroy said members of Infinite Circle have been lucky to be surrounded by people who are mostly tolerant.

"There has been a couple of religious fundamentalists who expressed adverse opinions to our being (here)," he said. "But we haven't had any major problems with anybody."

"I'm of the opinion that whatever god you believe in, it's all the same."

*Lance Gilroy,
Infinite Circle adviser*

Occasionally, the group gets messages saying, "You're all Satanists, you're going to hell."

Gilroy said people associate pagans with Satanists because many pagans wear a five-pointed star called a pentacle that also appeared on the cover of the Satanic Bible by Anton LaVey.

"What all the people who make this link don't know is that the pentacle is an old symbol of protection



(Photo by Petr Cihacek)

Infinite Circle members (left to right) Lance Gilroy, Rebecca van Koot and Samara deBoer chat during their weekly meeting on the University of Waterloo campus.

and power," explained Gilroy. "The association between the pentacle and Satan is only since the '60s or '70s when LaVey decided to associate the two."

But not only the pentacle creates confusion.

"The other thing is a lot of people hear us talking about magic, dancing around the fire and to certain people it sounds like a satanic activity," said Gilroy. "To us it's just a celebration. It's like a party."

Gilroy said for pagans, casting a spell is similar to praying.

"When we're talking about magic, we're not talking about any hocus-pocus," he said. "We're talking about putting our conscious energy into everything we do, into the universe."

Gilroy said the way pagans are

perceived in the society depends on area and "how liberal people are." However, paganism is a recognized religion in Canada.

"As far as legality is concerned pagans are afforded the same rights as anybody else," he said, adding that they can request time off work for pagan holidays.

"There are eight solar holidays and we celebrate all of them. And there are 13 lunar holidays, coinciding with the full moons."

Last week, the group did a ritual for Samhain (Halloween).

"Samhain is a high holiday," said Gilroy. "It's the pagan New Year. It's also a time to remember family members and friends who passed on."

Infinite Circle meets every week on the University of Waterloo

campus.

"It's mostly a discussion group," said Gilroy. "Occasionally we've had professors (and) pagan leaders in the community come in and discuss their area of expertise."

Infinite Circle is a university club, but can be joined by anyone interested. However, only university students can become voting members.

Gilroy said to join the group people can simply show up at the meetings that are held every Monday at 7 p.m. in the Hagey Hall on the University of Waterloo campus.

Another way to become a member is to sign up for the Infinite Circle e-mail list at: <http://groups.yahoo.com/group/InfiniteCircle>.

The future will be brought to you by ... Canadians exposed to 1,800 ads a week

By DIANA O'NEILL

No street corner, window, garbage can, bus panel, brick wall or bathroom stall is sacred anymore. They're everywhere, they're awful and they're invasive. Time to face the reality - it's an ad ad world!

Between TV, radio, magazines and newspapers alone, each Canadian is potentially exposed to well over 1,800 advertisements per week, according to data from Media Dynamics, a media publishing and consulting company. What's worse is when this figure is multiplied by 52 weeks, it totals more than 90,000 ads per year. That is up 20 per cent from a decade ago. The 90,000 doesn't even include new media such as blimps or billboards. The Internet is adding to the problem, with surfing eyeballs viewing many blinking ad banners during daily Web crawls, not to mention dealing with e-mail spam.

Prime-time TV networks have increased their commercial-break time by 28 per cent in the last 10 years. Now more than one out of

every four minutes is full of annoying jingles and catch-phrases that attempt to sell products. That means in an hour-long show, say an episode of Survivor, you'll see at least 15 minutes of mindless promotions.

Advertisers say the only way to get noticed is to be everywhere at once; and consumers are feeling the effects. The sad truth is that without ads low-cost entertainment would be non-existent. Even the newspaper you are holding in your hands could go for a couple of bucks each issue.

The sacrifice for consumers is to be bombarded with an avalanche of ad clutter. Most viewers' remotes have been worn-to-the-nubs in an attempt to escape, but they just face another commercial on a different station.

Print media is no different. Glossy magazines are usually a straight dose of concentrated ads in the first 10 pages, before you've even reached the table of contents - all in an attempt to make you buy that new OMEGA wristwatch so you can be just like James Bond himself.

Judging from the advances the advertising machine has made, the future will only get worse. Maybe even a 200-foot Russian rocket could carry a 30-foot Pizza Hut logo on its side. Sounds far-fetched? Don't be fooled, it already happened in November 1999. All this technology may very well result with more in-your-face advertising that consumers despise. Soon, it's quite possible that car radios could drop your name into jingles: "Jim deserves a Big Mac this afternoon."

The important thing is to keep your wits about you despite the incessant jingles and redundant catch-phrases that smother you on a daily basis.

And, we must remember, some people actually find some entertainment value in ads. In fact, many people will admit that a favourite part of the Super Bowl is discussing the high-budget ads. Viewers tune in just to see the multimillion-dollar clips in order to participate in the conversations around the water coolers the next day.



HAVING TROUBLE WITH:

Financial Accounting 1
Microeconomics
Concepts In Modern Physics
or
Nursing Theory 1?

Then...attend the next Supported Learning Group session.

Supported Learning Groups are a series of weekly one-hour study group sessions that are offered to all students in identified classes who want to develop their understanding of course material and improve their grades.

A PSLG Leader, a successful senior student who has previously taken the course, will facilitate each session

Business Financial Accounting 1:
Tuesdays: 11:30-12:30 - Room 3E27
12:30-1:30 - Room 3A625
Wednesdays: 9:30-10:30 - Room 1D15
3:30-4:30 - Room 2E23
Thursdays: 3:30-4:30 - Room 3A620

CPA Financial Accounting 1:
Mondays: 2:30-4:30 - Room 2D04
3:30-4:30 - Room 2D04
Wednesdays: 12:30-1:30 - Room 2A110

Microeconomics:
Mondays: 2:30-3:30 - Room 3A405
3:30-4:30 - Room 3A405
Tuesdays: 3:30-4:30 - Room 3A620
Wednesdays: 2:30-3:30 - Room 1D17
Thursdays: 1:30-2:30 - Room 3A407
Fridays: 11:30-12:30 - Room 3A620

Concepts in Modern Physics:
Mondays: 4:30-5:30 - Room 3A405
Wednesdays: 3:30-4:30 - Room 1D17

Nursing Theory 1:
Mondays: 12:30-1:30 - Room 2A618
Fridays: 1:30-2:30 - Room 2A618

You are responsible for your own education - if you don't understand something, ASK!

Sessions are free!

Engineering students meet the industry

By BRANDI STEVENSON

Meet the Industry Night, organized by the Society of Manufacturing Engineers, was a great way for students to discover a career that's right for them.

Dave Riedl, a second-year mechanical engineering technology, design and analysis student, and chair of Conestoga's chapter, said the night is a chance for students "to come out and meet past graduates and see exactly what they'll be doing once they graduate."

The event was held in the Sanctuary on Oct. 23.

It was open to students in the mechanical engineering programs.

The event, which was organized by the college's chapter and the Kitchener-Waterloo chapter, has been running now for three consecutive years.

Although the evening was not a job fair, Riedl said attending and talking with area business representatives "gets (the student's) name out there for future employers to consider."

John Tielemans, mechanical engineering professor and faculty adviser of Conestoga's chapter, said this event "gives students the chance to talk to people in the industry they will likely be in themselves."

He added another great aspect of the night is that the company representatives are engineers. Students can talk to the people actually doing the work, not just a human resources person.

Tielemans said the participating companies benefit because they "get a chance to see upcoming talent."

Getting information to students about their business also helps

them when hiring, he said. Companies know that students are making an informed decision when applying for a job, so they don't waste time interviewing students who may not be genuinely interested.

Miriam Bugeja, from Polymer Technologies Incorporated, said they attended to "increase (their) exposure to students."

She added that Polymer hires a lot of graduates, and the company president "values the great contributions of Conestoga grads."

First-year design and analysis student Mike Price said he attended "to get a better understanding of what's out there."

He added that coming to the event will help him decide what companies to apply to for his first co-op placement in May. "I'm not going into it blind," he said.



(Photo by Brandi Stevenson)

Mike Chechak, a second-year mechanical engineering technology, robotics and automation student, manned the door of the Society of Manufacturing Engineers Meet the Industry Night Oct. 23.

Materials management student wins award

By TORI SUTTON

For the third consecutive year, a Conestoga College student has been awarded the K.C. Holness Award.

MaryAnne Groothuis, a third-year materials management student, received the prestigious award at a conference in Ottawa. She was presented with a \$500 scholarship and will have her name engraved on the K.C. Holness student award trophy.

The award is sponsored by APICS, the educational society for resource management, and given out annually to a student who has shown extraordinary contributions to his or her school, community and APICS chapter. Leadership skills and academic achievement

are also considered in the judging of the award. There are student chapters of APICS at the post-secondary level who work with industry chapters in the community in an effort to learn more about the trade and network with professionals.

Currently, Groothuis is the director at large of Conestoga's APICS chapter, but upon her return from co-op in January, she will assume the position of president.

Last year she was the vice-president of education, organizing many activities to get students out into the community. Groothuis spearheaded volunteer drives including the chapter's participation in Operation Christmas Child and the Walk for Volunteerism, a

walk-a-thon to raise money for volunteer programs.

She also organized a resume writing workshop and worked on a resume binder project, all the while peer tutoring other students and maintaining a 90 per cent average in her classes.

Despite her heavy involvement in APICS and her high academic achievement, Groothuis said she was surprised to discover she had received the national award.

"I was shocked," said Groothuis. "I knew I had been nominated, but it was about six months before the conference and I had forgotten about it. When I heard I won the award, I wasn't expecting it."

The award was established in the '80s to honour Ken Holness, a long-time supporter of APICS,

after he died of cancer. Holness developed a material replenishment program that is widely used in the industry.

Although Groothuis is modest about her achievements, material resource teacher and APICS liaison Tracey Lopers said Groothuis was a good candidate for the award.

"It was very difficult for us to make a decision. All of the students (involved in APICS) work hard and very well together," Lopers said. "But MaryAnne is very good with people. She motivates others in a very kind way."

Conestoga College has the second largest student APICS chapter in North America, with just over 100 students participating. The University of Texas is home to the

largest chapter.

Although this is the first time Groothuis has received an APICS-affiliated award, she is no stranger to having her hard work recognized.

During her first year at the college, she won the Materials Management Achievement Award for her performance in her production planning and purchasing courses.

She was the recipient of the Outstanding Student Achievement Award during her second year at the college, as voted by her fellow students.

As well, she was nominated for the Faculty Award of Excellence in her first year and took the award home during her second year.

Workshop for those scared of spotlight

By AIMEE WILSON

As you stand at the front of the classroom your heart is racing, the dizziness is unbearable and you can't stop shaking. These are all symptoms of public speaking anxiety.

On Nov. 6, 13 and 20, there will be public speaking anxiety workshops in Room 2E04 at the college. Due to the large numbers expected, there will be workshops from 10 to 11:30 a.m. and 2:30 to 4:30 p.m. on each of these dates.

Shawna Bernard, a counsellor with Student Services, will be conducting the workshops.

"Public speaking anxiety can affect anyone regardless of age, gender, race or program of study," Bernard said.

Different topics will be covered in each of the workshops such as understanding anxiety and how it affects you, recognizing the symptoms, how behaviour and thoughts affect emotions, identifying negative thoughts and ways of stopping or changing them, principles of giving an effective presentation and an opportunity to practise the techniques within the group.

According to Bernard, other physical symptoms of this particular anxiety include headaches, nau-

sea, blushing, sweating, cold hands, muscle tension, dry throat and tightness in the chest. Emotional symptoms include irritability, embarrassment, anger and crying, fear of losing control, anxiousness and sleeping problems. Finally, cognitive symptoms are negative self-talk, confused thoughts, mind racing and a wanting to escape.

Public speaking anxiety can also be considered a social anxiety in which people do not want to be humiliated in front of other people. This can come from a lack of experience, negative experiences, never learning the proper skills, a lack of positive feedback on their presentation skills and automatic negative thoughts.

Some people choose classes that require oral presentations. The short-term consequences are lower grades, but there are also long-term consequences. Later in life, this form of anxiety may hamper your career opportunities. According to www.campusblues.com, separating yourself from your comfort zone takes courage. But, as you try something new, the more you try it the less difficult it becomes. To overcome public speaking anxiety will have a big affect on your career potential.

"What people don't know is that avoidance perpetuates anxiety," Bernard said. If someone thinks they are not good at public speaking, they will avoid every possible situation that may arise. In doing so, they develop a belief that they are not a good public speaker. "Usually people who are nervous about public speaking are actually very good presenters because they have thought about this a lot and often have what they want to say in their heads," Bernard said, adding, "For whatever reason, they are afraid they will make mistakes and so don't try."

Bernard hopes people will walk away from the workshops with more confidence in giving presentations, more awareness of how public speaking affects them, strategies to help cope with the symptoms of public speaking anxiety and maintaining positive thoughts about their abilities.

There will be an anxiety and personal performance elective offered out of Student Services in second semester for those who have public speaking anxiety, test anxiety or performance anxiety while on co-op or clinical placement. If unable to attend these sessions, students can book appointments with any counsellor at Student Services.



FLU SHOT CLINICS

Free To All Students and Staff
(with an Ontario Health Insurance card)

November 6 - 8 (Wednesday - Friday)

9:30 a.m. - 3:30 p.m.

Room 1B-25 (across from the Sanctuary)

Collectors go 'choo choo' over trains

By JASON NOE

It was "all aboard" at Bingemans during the second annual Kitchener model train show.

The event, held in October, featured model trains, operating layouts, dealers, displays and various railway memorabilia. The vendors were selling locomotives, railway cars, train sets, photographs, railway structures and everything else you could think of that related to trains. The admission was \$3 per person and children under 12 could get in free when accompanied by an adult.

Before the doors opened to the public, the vendors were busily setting up their tables and displays. The Waterloo regional model railway club was working on its display, consisting of several locomotives and a pictorial history of the club. The model train club is located on the outskirts of Waterloo, in the small town of Maryhill. The club models CP Rail in Sudbury during the 1970s in prototypical detail, right down to the locomotives and buildings.

On the other side of the large room, employees from Panther Hobbies in Mississauga were putting several of their products on tables in preparation for the show. They travel around to all the train shows across Ontario selling and dealing locomotives, rolling stock, buildings and various model supplies in all scales. They also operate a small hobby shop in Mississauga, located at 2580 Wharton Glen Ave., just north of the QEW.

But not every dealer at the show owns a hobby shop — many private



(Photo by Jason Noe)

Jon Snook, a 26-year-old Kitchener resident, arranges items for sale at the second annual Kitchener model train show. The show was held at Bingemans in October.

dealers sell train memorabilia as well. A table at the Kitchener show cost \$30, but most of the dealers made their money back within the first hour. This comes from the general public attending the show, but also from vendors dealing with each other before the doors open. What the vendors do is set up their displays then walk around to all the other tables searching for other models or items they want. Some may want to purchase things for their own personal layout, or they turn

around and sell the items on their table at a higher price.

Jon Snook, 26, a model railroader from Kitchener, has an avid interest in the hobby and had a table himself at the train show. His basement includes a layout running in two separate rooms that he has built over the past two years. This is the second year Snook has been a vendor at the Kitchener show. He brings models to the show he doesn't want anymore and sells them at cheaper prices than you could buy them for at a hobby store.

Snook's table was filled with a variety of N scale (smaller train) locomotives and cars that he previously used on his layout.

Before the doors opened, Snook was already busy wheeling and dealing with one of the dealers from Panther Hobbies who purchased one of his locomotives. Following right behind was another vendor from across the room that purchased three cabooses from him. "I really don't use too many of my cabooses, so I'd rather sell them then let them collect dust,"

said Snook. "I've already made over \$150 and the doors haven't even opened yet."

At 10 a.m. people were let in and large crowds started gathering in all the aisles around the various tables. The people ranged from families and their children to serious modellers looking for deals. Several stopped by Snook's table and browsed while others purchased a few more of his items. "There's really only one good N scale vendor here with reasonable prices," said Snook. "He's a good guy to deal with and doesn't charge tax on any of his stuff."

After the first couple of hours, the crowds thinned out and all the serious modellers had given way to people just browsing. Snook took time to have lunch with his girlfriend while he waited for the afternoon rush of people.

"Usually after lunch it quiets down. I find I make most of my money for the day during the first hour," Snook said. This was the case for this train show where Snook only sold a few items in the remaining three hours. In the final hours he did manage to make \$150 selling three locomotives he didn't want to run anymore. "I'm using the money to buy another one that I want today because it's cheaper to buy one here than at a hobby shop," Snook said.

He sold more locomotives and cars this year than at last year's show, making more than \$1,000 in five hours. "I'm probably going to sell some more stuff at the next train show in Ancaster next month (Nov. 10)," Snook said.

Debit card scams take a bite out of your wallet

By LESLEY LEACHMAN AND CARLA SANDHAM

A recent scam involving debit cards may have some people thinking twice about swiping.

In 2001, ATM and debit card theft and fraud losses reported to Waterloo regional police were in excess of \$134,000.

According to Lois MacDonald, sales and service administrator for the TD bank in Guelph, debit card fraud is one of the fastest-growing scams today.

"Almost everyone has a debit card and the more accessible it is, the more likely these bad guys are going to figure out the system and try to scam it," she said. "I would say it (debit fraud) has likely increased about 500 per cent in the last two years."

The latest scam works like this, said Staff Sergeant Brent Tomlinson, of Waterloo regional police. "A store's clerk double swipes a debit card; once in the actual debit machine and then into a specially designed machine, which records all the information from the magnetic strip."

Then, he said, the clerk watches the customer, either on camera or by shoulder surfing, enter the PIN.

With the information collected the card can then be cloned, without the consumer even knowing, and used to take as much money as possible from an account.

Const. Nigel Moore, of the fraud department of Waterloo regional

police, said they have investigated some cases similar to that here in the region.

Tomlinson added this particular scam is most common in independently owned variety stores and gas bars, where employees have no connection with the company.

In Toronto, the police fraud and forgery squad made 19 arrests and recovered \$60,000 in cash, after investigating several merchants using specially rigged Interac machines to record consumers' account and PIN information.

Although it's not always possible to prevent fraud, there are a few steps you can take to limit the chances of it happening to you.

First, never write your PIN number down or tell anyone what it is. Your PIN number is personal information and the fewer people that know it, the less likely someone is going to try to cheat you out of money.

Second, when typing in your PIN number cover the keypad so no one can see what the digits are. Also, beware of any windows or mirrors near you that could reflect what numbers you're entering.

Furthermore, never leave receipts or any kind of copies that have your card number on it.

Third, always be in control of your own card, so there is no chance of someone swiping it twice.

"If an attendant wants to swipe your debit card (don't let them), make sure that you swipe it or pay cash," MacDonald said.

If you do suspect that someone knows your PIN number, call your bank immediately and get it changed.

Also, customers should check their account balances and passbooks regularly to see if any unauthorized transactions have been made.

"If you don't look at your

account for two weeks and all of a sudden all this money is gone, these people (who commit fraud) are long gone and it makes it that much harder to catch them," MacDonald said.

If you know that money is missing, call the bank right away so they can freeze your account.

In the case where fraud has been

committed, you will be compensated for the stolen money.

"(Money lost to) debit card frauds would be protected by the Canada Code of Practice and banks take out insurance against this sort of thing," she said.

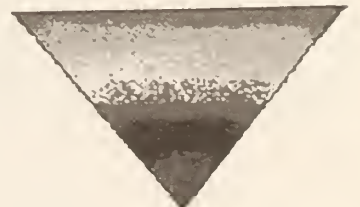
However, if your card is stolen and you've written your PIN on the back, the bank is not responsible.

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Cancer awareness saves lives

By IZABELA ZARZYCKA

One in nine women will be diagnosed with breast cancer in their lifetime. Given this statistic it is likely someone that you know will experience breast cancer at some point during his or her life. The Canadian Cancer Society says one in 26 women die each year of this cancer and it is a "lifetime risk."

In Canada, the estimated number of women who will be diagnosed with breast cancer in a day (on average) is 56 and 15 women will die each day.

However, if breast cancer is detected early then it can be treated. Breast health starts with a woman's awareness about her breasts and her overall health. There are many preventions a woman can take to avoid this type of cancer.

If women know what feels normal in their breasts then they can recognize changes, said an official of the Canadian Cancer Society, which does not release the names of its spokespeople. She added women in their early 20s should be familiar with their breasts and have annual physical exams done by their doctors or other health professionals.

Sue Richards, publisher of the Breast of Canada calendar, said a "formal breast examination is a good move."

The calendar is published to promote awareness and address the issues of breast health. This is the second year that the calendar has been published. On the first two

pages of the calendar women will find a complete guide to self-examination.

If a woman knows her breasts then she will be able to see any changes or feel lumps that may have grown. But not all lumps are cancerous. An official from the Breast Cancer Support Service said, "The only thing worse to finding a lump is not finding a lump."

Anyone finding a lump should visit a doctor. The visit could be followed by an ultrasound to see if there are any abnormalities in the breast.

According to the Canadian Cancer Society more than 85 per cent of lumps are benign, meaning that they are not cancerous. But it is a good idea to have a doctor check any suspicious signs. Many women are alive and well today because their cancer was detected and treated early.

While examining their breasts women should look for dimpling of the skin on the breasts or around the nipples, places where the breasts feel lumpy, areas that are hard and thicker than the rest, and bleeding from the nipples or crusting. If any of these occur a woman should call her doctor immediately.

If a woman feels any pain in her breast it is usually not cancer. Canadian Cancer Society statistics show that pain is not a sign of breast cancer, but if any pain occurs a woman should contact her doctor as soon as possible.

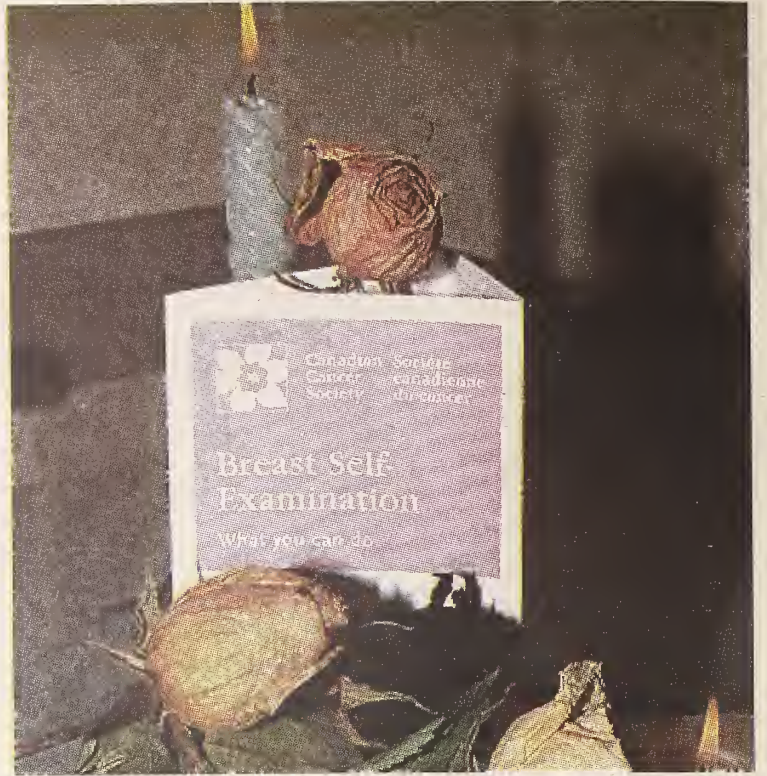
An important fact to know is that breast cancer may be hereditary.

"Family risk of breast cancer can be quite different depending on which relative has had breast cancer," the Canadian Cancer Society official said. For example, if the family member of the woman is a first-degree relative (mother or sister), then the risks of being diagnosed with breast cancer increases, but if the relative is second-degree (aunt or grandmother), then the risks are lower. However, the risk increases for a woman if the relative was diagnosed with breast cancer before the age of 50.

"Researchers have conducted in-depth studies on oral contraceptives (the pill) and breast cancer," said the Canadian Cancer Society. Some research has shown a slight risk increase of getting breast cancer if the pill is used for more than four years in a row, but other research disagrees and shows that there is no risk of breast cancer due to the pill.

There are certain things that women can do to lower their risks of getting breast cancer. First, choose to be a non-smoker and be aware of the dangers that come from second-hand smoke. Richards said physical activity is important, adding that people come up with millions of excuses as to why they do not work out. One excuse that is widely used is that working out can only happen in a gym and costs a lot of money. But, Richards says physical activity can simply mean going for a walk.

Another thing that is important in lowering the risk of breast cancer is a low-fat diet, said



(Photo by Izabela Zarzycka)

Breast examination is important and may help women detect cancer earlier.

Richards. Consuming food that is high in fiber but low in fat will decrease the risk. Also, maintaining a healthy body weight is important. Also, limit the consumption of alcohol. But the most important thing that a woman can do to lower her chances of developing breast cancer is to make sure that she knows her breasts and that she reports any changes to her doctor.

Women are not the only ones at

risk. Studies have shown that men can also develop breast cancer. It is rare for a man to get the disease but it is possible. There have not been a lot of studies done on this subject. Canadian Cancer Society statistics show that 20,500 women will develop breast cancer compared to 140 men a year.

For more information on breast cancer visit the Canadian Cancer Society's Web site at www.cancer.ca or call 1-888-939-3333.

To spray or not to spray

By JEFF MORLEY

While the federal government is currently debating the role of pesticides in Canada, Waterloo region is considering a ban on non-essential pesticides. Some would argue that this would not necessarily be a bad thing.

Waterloo region councillors should come to a decision by December which should have a large impact on the area, particularly when 31 per cent of Canadian households use herbicides on their lawn or garden. Golf courses and city property would be affected as well. Even Conestoga's Doon campus, with its own conservative implementation of pesticides, would have to change its procedures.

The House of Commons Standing Committee on the Environment and Sustainable Development has expressed some concern over the use of pesticides. Experts have gone before the committee and outlined the risks to the environment, wildlife and children. The CBC Web site, www.cbc.ca, reported that the Ontario College of Family Physicians, the Canadian Public Health Association and the Learning Disabilities Association of Canada say pesticides affect neurological development, reproduction, growth and the functioning of the immune system.

A U.S. National Cancer Institute survey found that children with leukemia are six times

more likely to come from homes where pesticides were used.

The committee would like to see the government stop approval of new pesticide products designed for cosmetic use, phase out pesticides for which safer alternatives exist, and better inform the consumer about the risks involved. However, these changes may be more difficult to implement because little proof is available directly linking pesticides to these harmful effects. The committee also stressed that the recommendations were only for cosmetic pesticides, not those used by the agricultural industry.

The pesticide industry counters the argument by saying that a ban of cosmetic pesticide use is an over-reaction. The industry says they undergo a stringent regulatory process. Moreover, each pesticide is approved by the Pest Management Regulatory Agency, which is currently managed by Health Canada. The industry also says that if their chemicals are used as directed, they are safe.

A pesticide ban would also mean a greater risk of insect infestation. Golf courses, playing fields and parks could be overrun with weeds. However, in spite of the debate, many people are switching to organic alternatives to repel and prevent pests. Ingredients, such as rhubarb, cayenne powder, and Tabasco sauce, can work to repel squirrels, cats and dogs.

Dean of IT takes on new role

By ANDREA SMITH

Conestoga College's dean of information technology is now the dean of applied arts as well.

John Donald has been an administrator at the dean level for two years and has been the dean of information technology (IT) for one and a half years.

As dean of applied arts he replaces Pat St. John, who was also vice-president of corporate training and public relations for five years. St. John left to become president and CEO of Shad International, a Waterloo-based organization that helps to develop innovative leaders through a program aimed at Canada's brightest, most creative and energetic teenagers.

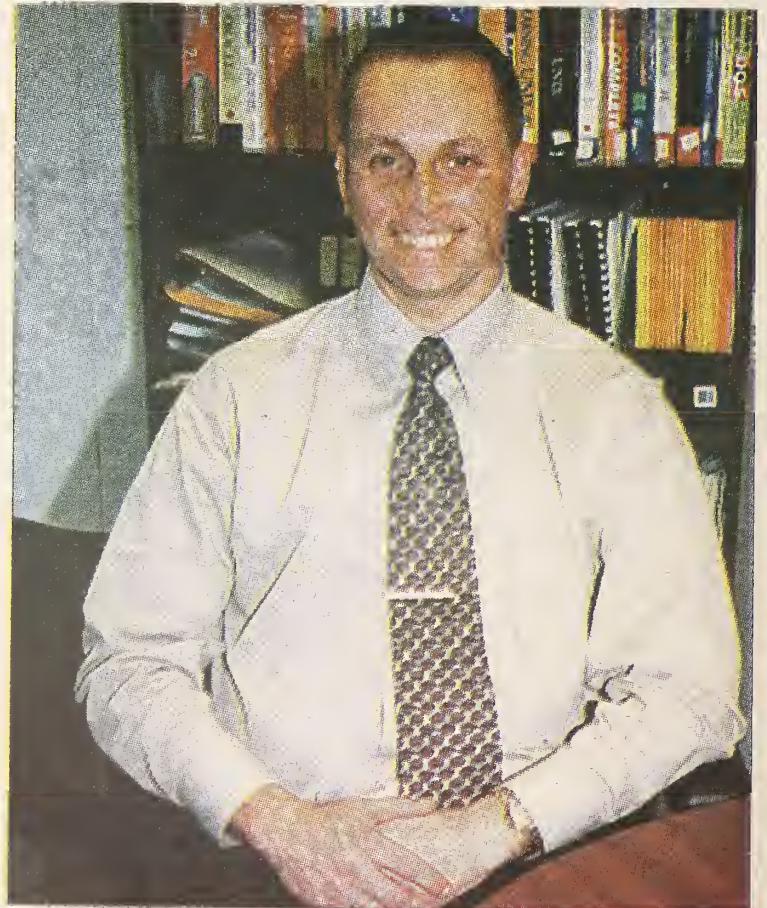
"I think the media studies area is very exciting," Donald said.

He added the programs run well day to day and there are not many problems. He has met with the faculty and says he is excited to work with them.

"I think the faculty are also excited about working with me," he said. "Most of them have been here (or in the profession) for years so there are not many challenges."

Donald has a PhD in civil engineering and has been working in the IT industry for eight years.

Other colleges like the Northern Alberta Institute of Technology and Confederation College have also combined the school of applied arts and the school of IT.



(Photo by Andrea Smith)

John Donald, dean of IT, is the new dean of applied arts at Conestoga College.

"I think the best part is being able to work with everyone. Everyone is so enthusiastic and it is exciting to work with people who like to learn and teach," said Donald.

"I am looking forward to evalu-

ating programs and all the opportunities. The media area is less technical and the strategies are different," he said, adding, "Media studies is a smaller, more focused group with different people, which is a good thing."

Dream comes true for Conestoga grad

This is the fourth in a six-part series on Conestoga alumni who are nominated for the 2002 Premier's Awards, an annual, provincial awards program created by the government to acknowledge the important economic and social contribution college graduates make to Ontario. Award winners will be announced Feb. 24, 2003 in Toronto.

By VANESSA LAYE

As a boy, Neil Trifunovich dreamed about working in the movie industry. Today, as the owner of a special effects company in Guelph, he works with the rich and famous.

Trifunovich said the broadcasting - radio and television program at Conestoga College was the springboard to a great career.

"It was the place to start because it really grabbed you and turned you into an adult."

He credits his teachers at the college for their guidance and dedication in helping him to attain and polish the skills that were necessary to prepare him for his career.

"Conestoga arranged for us to work in different locations and learn to work in a real (broadcasting) environment. That was really beneficial because it sure woke you up. You became a professional really quickly because there wasn't a lot of room for mistakes," he said.

In the middle of his first year he had his own show at CJOY radio in Guelph and was given the opportunity to get hands-on experience at CKCO-TV in Kitchener.

His dedication and hard work earned him three prestigious awards: Announcer of the Year in his first and second year, and Director of the Year and Broadcaster of the Year in his third year at the college.

However, it was his summer job in the special effects department at CBC-TV that helped him to make his mark in the industry, and which ultimately led him to his dream of working in motion pictures.

After graduation he took on a full-



(Photo by Vanessa Laye)

Neil Trifunovich, owner of Northern Effects Ltd., a company that provides special effects worldwide has been nominated for a Premier's Award.

time job with CBC special effects, but was only with them for a year when he went on to freelance his special effects skills in commercials, television and motion pictures.

"I just couldn't be creative at CBC, so I took a chance and went out on the road," he said.

In the short time he was at the CBC he won the Prix Anik Award for special effects assistant. He also helped to advance the broadcaster's special effects department, by proving to them through extensive research that some of the effects they were using were unsafe.

In 1985 he started supervising special effects in motion pictures worldwide.

"Being a supervisor I'm responsible for the crew, the budget, safety, everything, so I have to oversee the entire job," he said.

As the jobs got bigger, so did his reputation and his equipment. As a result, he started up his own company, Northern Effects, where he rents out and stores his film artifacts and equipment out of a tractor-trailer.

"When someone hires me to do special effects for them, I just get them to ship in my tractor-trailer full of equipment," he said.

Travelling is one of the things he likes best about his job.

"To be able to meet people all over the world and to learn from them and to help teach them things is an incredible experience," he said.

Creating fires, shooting out blood and blowing up almost anything interests children, which in turn makes him a sought-after speaker at schools across the world. He grabs his audience by showing them clips of his special effects and talks to them about the famous actors he works with in the industry.

However, the underlying message

isn't about how exciting it is to work in the motion picture industry, but rather how important it is to follow your dreams by obtaining and perfecting the skills needed to reach them, as well as dedication.

"You can be successful if you put your heart into it and if you work as hard as you can," he said.

In addition, he emphasizes that children should choose the occupation they want in life and not be persuaded by what their parents want them to be.

Giving others hope and help through his speeches or by providing the poor with the essentials to survive are just some of the ways he reaches out to communities around the world.

"I buy rice for the elderly, milk for women who have just had babies, pay for a child to have schooling for one year, and I buy shoes for everybody," he said. "It's just a way of giving back. It's something that I'm blessed to be able to do."

However, when he gives a poor family or child something they need for survival, he encourages and hopes that they will give back to others.

Because of his outstanding contributions and accomplishments both locally and abroad, he was named an Alumnus of Distinction in 2000 and was entered into the Broadcasting - Radio and Television Hall of Fame in 2001 at Conestoga College.

After 25 years in the business, with 250 commercials under his belt, and just finishing his 50th feature film, Open Range with Kevin Costner, Trifunovich believes it's time for a change.

"Rain is never the same twice, a bullet hit is always different. I need to now move forward and be more creative," he said. "I need to shift gears and get into directing."

Currently his life has come full circle, as he negotiates doing radio commercials like he did in the past.

However, he is also working on a new pet project, writing a love story that takes place in 1943. He hopes the script will be the stepping stone for future endeavours.

Security removes locker items

What happened to your belongings left in lockers over the summer?

Students who left their possessions inside their lockers may have come back to the college to find their lockers vacant.

Irv Schenck, a security guard at Conestoga College, said over the summer 500 to 600 locks were removed. Lockers are supposed to be emptied at the end of the school year, so they can be re-assigned to part-time and summer students.

Security had a list of all the lockers' owners, and all the items obtained from the lockers over the summer were kept in the security office for three months.

After that, textbooks and binders were distributed by the CSI office for resale, clothes were donated to The Salvation Army and paperwork was thrown out.

Missing benches returned

By JANINE TOMS

Missing: one awfully good companion, great for taking a load off, enjoys the outdoors.

Last seen: outside Door 3, answers to the name Bench.

Did anyone else notice that the two benches outside Door 3 and Door 5 of the main building at Conestoga College were missing for awhile?

Both of the benches were removed about three weeks ago and hadn't been seen in quite a while.

Peter Schlei, lead hand of groundskeeping for physical resources, said the benches were removed because they required repairs.

The bench in front of Door 3 had a break in one of its pre-cast cemented edges and the wood of the bench outside Door 5 was cracked and broken.

The benches were being stored at

the college while supplies were ordered.

Schlei said fixing the benches, which are approximately 10 years old, was a task for a rainy day, when work outside could not be completed due to poor weather conditions.

"Now we have nowhere to sit."

Christy McGhic,

graphic design student

Currently there are four benches situated outside the main building and approximately six benches outside the main cafeteria's door.

Christy McGhic, a first-year graphic design student, was upset that the bench outside Door 5 was gone. "I hate that it's gone. Now we have nowhere to sit."

Rest easy though. The benches have been fixed and placed back outside the main building.



(Photo by Janine Toms)

First-year graphic design student Christy McGhic is upset benches outside Door 3 and Door 5 were removed.

Shop at thrift stores to save money

By JULIE GRAHAM

To keep up on the latest fashions, many of us have to shop at stores where a single outfit may cost more than \$100.

However, smart shoppers strapped for cash have been staying abreast of the fashion-conscious world by shopping at thrift stores like Goodwill, The Salvation Army and Value Village. These second-hand stores offer a wide variety of clothes, shoes, household items and other goodies. With tons of hidden treasures and deals to be found, shopping at thrift stores is a smart choice.

Goodwill, The Salvation Army and Value Village all work with charitable organizations.

Donations, dropped off by customers or delivered to the stores by charitable groups, are tallied onto a donation list and in turn, depending on the weight of the total donation, stores give a certain amount of money to the charity.

Value Village in Kitchener, located on Ottawa Street, works with the Ontario Federation for Cerebral Palsy. Goodwill, located on Weber Street in Kitchener, is a Canadian charity that has been operating for more than 50 years and is highly involved in helping people with

disabilities secure jobs. When you shop at The Salvation Army, located on Victoria Street in Kitchener, you are supporting the Christian organization that works in many ways to spread the word of God and also offers community services. There are also many smaller, independently run thrift stores in the area offering a great selection of used clothes, shoes and other apparel.

Value Village's most popular attraction is its 50 per cent off sale days where every single item in the store is half price. The sale attracts hundreds of customers who often line up hours before the doors open.

Rory Hibbs, a Grade 12 student in Cambridge, said he has found great deals at Value Village. "I once found a V-neck sweater for \$10 at Value Village and I saw almost the same exact one at Sears a couple of days before, for more than double the price," said Hibbs, 17. "I don't like to spend my money on new clothes when most of the time I can find something just as good at a thrift store for much cheaper. Who cares if it isn't a brand name? I don't buy into that sort of thing like a lot of people my age."

Heather Burly, a sociology student at Brock University, said when



(Photo by Julie Graham)

Goodwill donation centres, like this one located on Weber Street in Kitchener, receive 20 million pounds of donations every year throughout Canada.

she is short on cash she will shop at thrift stores. "Thrift stores have decent stuff for good prices. For example, I bought an original Nintendo system from there and it worked great. It's very nostalgic for me," said Burly.

Having a small budget seems to be the main reason why many shop at the second-hand stores. Amy West, director of communications and fund development for Goodwill Toronto, said shopping at Goodwill is a smart choice. "There are a wide array of people who shop at thrift stores, like those on limited budgets and those who like the thrill of finding bargains," said West.

She also said the perception of shopping at thrift stores has changed over the past few years. "We have had articles in the fashion sections of newspapers cite Goodwill as a great clothing source. That has really helped make Goodwill a trendy place to create your own fashion statement."

Jeremy Vernelli, a 20-year-old student at York University, said he likes to find one-of-a-kind items. "I like to shop at second-hand stores because I like to save money, find weird shirts or ties, and I hate stores like the Gap," said Vernelli. "I am against large companies

making millions of dollars while they pay their employees next to nothing in wages."

Vernelli also said he likes to have fun while shopping and also takes friends and family with him. "I once went with my mom and I was going to buy a fur coat for myself. The coat was light brown, with white fur sticking out the bottom. My mom said that if I bought the coat I would have to walk home eight miles. So I didn't get the coat," he said.

All interviewed thrift store shoppers said there are some drawbacks to shopping at thrift stores such as finding stained and ripped items.

"Second-hand stores like Value Village can be smelly. But it is so much fun to look through second-hand clothing," said Vernelli.

"You are always going to find the occasional stained, rough or ragged shirt but you can find something good just as easily," said Hibbs. "It is part of the experience of shopping at a thrift store. You can look at the ugly stuff and think someone actually wore that once upon a time."

"The staff at thrift stores generally sift through all of the items before putting them out onto the floor so I am not worried about finding anything too gross. There are always hideous clothes, but that is to be expected," said Burly.

The stores are especially busy during the Halloween period since many people shop to create their own costumes.

West said Goodwill has received some odd items over the years.

"Four years ago a coffin showed up in the donation area of the Jarvis store in Toronto. It was brand new, shiny chrome with lush upholstery inside but it had a small dent on the outside. My guess is a funeral home couldn't sell it. It was put in our final sale store, but disturbed so many staff and shoppers that the donation manager finally had to call some prop houses and found a home for it with one of them supplying props for an upcoming movie," said West.

"Another exciting donation was a Henri Lalique glass bowl that was donated and placed for sale in the Jarvis store auction, where unusual or high-end donations go. The bidding was wild and frenzied on auction day with the purchaser paying over \$4,000 for the bowl. You never know what you'll find in those auctions!"

Indeed, shopping at a second-hand store can be quite an experience. Whether searching for a retro album, a one-of-a-kind trinket, or funky fashions, in the end you are most likely to save a lot of money.



(Photo by Julie Graham)

This Value Village, located on Ottawa Street in Kitchener, works with the Ontario Federation for Cerebral Palsy. Thousands of donations are delivered to the store daily by the federation and in return, money is given to the foundation.

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(Photo by Julie Graham)

Many thrift stores are most popular during the Halloween season. Goodwill's selection of costumes (pictured here) had dwindled to one rack a week before Oct. 31.

No cover charge at pub nights

By VALENTINA RAPOPORT

Starting Nov. 7, student pub nights held Thursdays in the Sanctuary will no longer charge a cover fee at the door.

"The executive (members of Conestoga Students Inc.) felt that there was no reason for students to pay to use the Sanctuary on a pub night," said Jody Andruszkiewicz, events programmer for CSI.

"They pay a student fee already."

In the past, the Sanctuary has charged a \$2 door fee for students to attend pub nights, which have included a toga party, a Biz Bash and a funk and disco-themed pub night.

According to Andruszkiewicz, the door fee was previously in place to cover event costs such as staffing.

"It's not about having some big guy standing there eyeing you down. It's about making sure people are safe," Andruszkiewicz said, referring to door staff at the event.

Although students will no longer have to pay a cover charge, they will have to pay

more for drinks.

The price of liquor and beer will increase from \$2.75 to \$3 per drink.

Andruszkiewicz said the increase will more than make up for staffing costs previously covered by door fees.

"You're saving money in the long run. Over the course of the night the charge will be made up," he said, adding, "We also don't want students to overindulge and we limit (with the) two-hand, two-

"We have a no glass rule on the floor.

The only glass you will see is behind the bar or at a beer cart "

Jody Andruszkiewicz, events programmer, CSI

drink rule."

In addition to price changes, the bar now offers beer in plastic bottles.

"We will be going exclusively plastic very soon," Andruszkiewicz said, adding plastic bottles will result in

faster service since beer is currently being poured into plastic cups.

"We have a no-glass rule on the floor. The only glass you will see is behind the bar or at a beer cart."

The first beer to be offered in a plastic bottle will be the Brick Lager from Kitchener's Brick Brewery.

Students will pay the same price (\$3) for beer in plastic bottles.

"We don't operate as a for-profit bar," Andruszkiewicz said. "Any money we make over or above our cost gets put back into the bar and student events."

The bar, which Andruszkiewicz referred to as very simple, presently offers two different types of beer on tap: Waterloo Dark and the yellow label Brick Lager, as well as different types of liquor and bottled beer.

"The students don't want complicated drinks," he said, adding, "In terms of the actual event itself, the students aren't going to see a change. I think in the long run it will be beneficial to students."



(Photo by Valentina Rapoport)

Jody Andruszkiewicz, events programmer for CSI, holds up the new Brick Lager plastic beer bottles that will replace glass beer bottles at the Thursday night pub nights held in the Sanctuary.

Skateboarding can lead to severe injuries

By REBECCA LEARN

Skateboarding may seem like fun when you see someone spinning in the air, but it is a dangerous sport that can lead to serious injuries.

A Web site called safekidsCanada.ca says the most common injuries are broken bones, but the most serious problem is head injury.

Jim Johnson, 16, has been skateboarding for two years at the Kitchener Skatepark on Ottawa Street.

He said that he has already sprained his ankle.

Safe Kids Canada says to prevent an injury when you fall wear the right helmet to fit your head and other protective gear to prevent fractures.

Along with this, they say you should make sure you know the safety rules and how to control the equipment.

"I broke my arm at the beginning of this year," said 14-year-old Aaron Thompson.



(Photo by Rebecca Learn)

Aaron Johnson, 16, tests out one of the jumps at Kitchener's skate park.

He said that it's just as unsafe at the skatepark as it is on the street.

"It keeps us off the streets though. We get kicked off the streets a lot," Thompson said.

He said it's just a risky sport no matter where you do it.

John Barber, 14, just started a month ago and he said his mom always says, "Don't cut yourself open again."

One of the most important elements is to remain in control, says Safe Kids Canada.

They say that most injuries happen when you lose control of the equipment, so you need to practise how to stop, swerve safely and fall safely.

They say that 85 per cent of head injuries are caused by not wearing a helmet.

Jordan Winger, 20, practises on his trick bicycle at the skatepark and he said even though he's on a bike it's just as dangerous as a skateboard.

"Sometimes a bike is good cause you seem to land more often" he said, adding, "But a bike's harder to get out of the way when you fall."

Winger said he has been riding the bike for three years and he almost broke his wrist once.

Comedian pulls a no-show Oct. 22

By CARRIE HOTO

A full house awaited the arrival of the comedian in the Sanctuary on Oct. 22.

However, 10 minutes before showtime, a call came saying Russel Peters could not make it because his car had broken down in Mississauga on his way to Conestoga College.

"The only real option was to cancel the show," said Jody Andruszkiewicz, events programmer for Conestoga Students Incorporated (CSI).

Peters' agent tried to reschedule the show for later in the day,

but that was not an option because of the twisted Tuesday's movie night held by the CSI in the Sanctuary.

"The students expected Russel to be there at 11:30 a.m.," Andruszkiewicz said.

He referred to Peters as a "top quality comedian," after seeing him perform at Yuk Yuks.

"This (cancellation) is no reflection on the entertainer himself," he said. The entertainment industry is "fairly volatile," Andruszkiewicz added.

"The comedian has to drive all over the place to perform his

show and to make money. Nothing is foolproof; there will always be glitches. The glitch this time happened to be a car."

"This doesn't look good on CSI," he added. However, this cancellation was "an isolated event."

Peters has never performed at Conestoga College before, so naturally when the students found out he wasn't coming, they were upset.

Two students even offered to drive to Mississauga and pick him up.

Andruszkiewicz appreciated the gesture, but Peters still

wouldn't have been here in time to perform his comedy show.

The CSI usually encounters a cancellation approximately once a year.

"Everyone loses out. The comedian loses because he doesn't get paid, the students lose because they don't get to watch a great show and the CSI loses because it makes us look like we don't know what we're doing."

Andruszkiewicz would like to schedule another show with Peters in the second semester, but said, "We have a very full semester ahead of us."

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Horoscope

Week of November 4-10



Who's the real jackass?



Happy Birthday Scorpio

Knowledge of an event or an issue on your birthday will prevent something bad from happening to you. Don't overindulge yourself.



Libra
September 24 - October 22

Someone with a fiery nature will be trying to cause upset in your life. If you don't show that you're upset they'll leave you alone.

Luckiest day: November 6.



Aries
March 21 - April 18

If things are tight financially, you might have to seek advice to figure out the best solution. Don't spend any money you don't have to.

Luckiest day: November 5.



Scorpio
October 23 - November 21

Someone older than you will be helping you with a problem. The advice they give you is opposite the way you think, but it's worth trying.

Luckiest day: November 9.



Taurus
April 20 - May 20

Follow your intuition. Make sure you write down any dreams you remember. Their meanings might be telling you something.

Luckiest day: November 7.



Sagittarius
November 22 - December 21

Expect something different to be happening to you this week. A new situation is just what you need to be in a better mood.

Luckiest day: November 6.



Gemini
May 21 - June 21

A relationship you are in will grow stronger. Things will be noticeably better at the end of the week.

Luckiest day: November 10.



Capricorn
December 22 - January 19

One of your friends will take the time to help you with a problem. The only catch is you have to want their help.

Luckiest day: November 6.



Cancer
June 22 - July 22

A steady effort towards reaching a goal will soon be over. You are on your way to achieving what you want. Stay focused.

Luckiest day: November 10.



Aquarius
January 20 - February 18

Your relationships will be getting noticeably better. Try to live in the now, don't look to the future for things that may not be there.

Luckiest day: November 7.



Leo
July 23 - August 22

Whether good or bad, things are going to be happening to you in threes. You may be looking at something differently towards the end of the week.

Luckiest day: November 8.



Pisces
February 20 - March 20

Fate is going to be playing a major factor in your life. Things you want should happen, but not if you are expecting them to.

Luckiest day: November 6.



Virgo
August 23 - September 23

A peer in your life will have something to offer you. Whether it be a material gift or advice you will appreciate it.

Luckiest day: November 7.

DID YOU KNOW...

In 1900 there were 36 highway fatalities in the U.S. Most dreams average 10 to 30 minutes long. Canadians spend an average of 5.1 hours online, more than any other users. By 2025 life expectancy for newborn girls could reach 82, for boys 79.8.

The Old Farmers Almanac 2001

The edgy comedy genre of stupid human tricks and disturbing stunts has resulted in some teenagers attempting dangerous feats of their own.

With the recent onslaught of daredevil shows like Tom Green, Fear Factor and Jackass, numerous accounts of copycat teens have turned up. The latter has been the target of a lot of controversy over the past year and more notably in the last few weeks, with the release of Jackass: The Movie.

For those of you without access to MTV or the Internet, Jackass is an MTV-produced program that involves Johnny Knoxville and his crew attempting insane stunts - just to see what happens!

However, there is still an envelope to be pushed since the original episodes of the show aired. Knoxville and company stretch the limits to grotesque lengths in the 90-minute film version of the outrageous show.

It's full of extremely dangerous stunts, crude language and nudity all rolled up into one motion picture. "It's the show times 10," Knoxville told TV Guide Online. "We got an R rating and we took full advantage of it."

The movie opened the weekend of Oct. 25 with an unexpectedly strong \$22.7 million in box office sales.

However, despite the film's commercial strengths, there are negative repercussions for audiences.

There have been at least four cases of copycat stunts across the United States since the show aired in late 2000. MTV has received criticism about its edgy programming target-



Diana O'Neill

Opinion

ed at young teens, despite the explicit warnings at the beginning of each individual sketch.

The first incident involved 13-year-old Jason Lind of Connecticut who attempted to repeat the human BBQ stunt he had witnessed on the show. The original skit had Knoxville wearing a flame-retardant suit covered with raw meat and lying on a grill as his cohorts doused him with lighter fluid. Lind ended up in the hospital for five weeks with second- and third-degree burns.

Another boy, Thomas Hitz of Florida, tried his own version of the same stunt. The 12-year-old covered his hand in bug spray, lit it on fire and tried to put it out on his shirt. The fabric burst into flames and Hitz then jumped into a nearby pool. He was treated for second- and third-degree burns as well.

A 16-year-old Kentucky native injured himself leaping over a moving car. His friends caught the whole incident on camera in an attempt to mimic Knoxville's career path.

In a separate incident, three teens from Montana received disorderly conduct and misdemeanor charges after being "inspired" by pranks seen on Jackass. The boys videotaped themselves driving around shooting pellets from a BB handgun aimed at cyclists, pedes-

trians and other drivers.

Several of the parents of the kids involved in these incidents are seeking legal action against MTV. The sad reality is that brainless teens existed well before Jackass appeared on the scene. Bored adolescents have always experimented with careless stunts, in attempts to pass the time. Sometimes constructive behaviour like cleaning your room, or completing homework just doesn't cut it. Yet, lighting things on fire, or driving your bike at dangerous speeds down a hill, would fulfill one's need for mindless excitement.

This is not admirable behaviour, but it happens.

Before TV, a parent would accept their child's actions as the essence of youth, whereas now they can blame shows like Jackass.

This may sound far-fetched, but it appears to be easier to turn and point the finger than to teach the difference between right and wrong.

MTV is the easy target in the protection of idiots. There are warnings aired at the beginning of the show, as well as extensive ones before each skit saying, "These (skits) are performed under very strict control and supervision."

The defence is that maybe stronger warnings could prevent copycat incidents from occurring.

But, how can a network take responsibility for the .01 per cent of viewers that insist on duplicating acts of stupidity?

The attention is focused on the lack of values MTV presents, all the while children today are lacking one vital quality - common sense.

White Oleander will bring you to tears

By BLAKE GALL

Life is an endless struggle through both happiness and pain according to the new film White Oleander.

The movie, based on Janet Fitch's novel of the same title, and starring Michelle Pfeiffer and Alison Lohman, hit theatres Oct. 11.

The film follows the relationship of a mother and daughter whose bond only grows with each obstacle they encounter.

The story is told from the point-of-view of 15-year-old Astrid (Alison Lohman). Astrid is an adolescent girl who views her mother as the most beautiful woman she has ever seen.

Ingrid (Michelle Pfeiffer) is an artist struggling to teach her daughter the importance of inner-strength.

Astrid admires her mother's artistic abilities and follows in her footsteps with a sketchbook of her own. They seem to have a perfect relationship until Ingrid is arrested for poisoning her boyfriend and sentenced to 35 years to life in prison for first-degree murder.

Astrid is sent to a foster home where she learns that without her mother her own identity is almost non-existent. This forces her to find herself and for once become her own woman.

Astrid lives with Starr (Robin Wright Penn), a stripper-turned-born-again Christian.

Problems arise when Starr accuses Astrid of sleeping with her



(Internet photo)

boyfriend. Astrid is eventually forced out of the home and is put in a foster home in Los Angeles, where she finds love with her next foster parents. Living with failed actress Claire (Renee Zellweger) and her film director husband Ron (Noah Wylie) seems perfect.

Astrid and Claire find the love and comfort they both desperately need.

However, Ingrid is still controlling Astrid's life from prison.

A visit between Claire and Ingrid helps Claire realize her unhappiness and in turn she commits suicide.

Astrid is once again left without a home. This time she blames her mother and ends all contact with her. Astrid begins making her own decisions, which leads her into the home of Rena (Svetlana Efremova), a Russian woman with an attitude.

Rena's advice to Astrid is "the past is gone, sentimental is stupid."

Maybe a little too harsh for Astrid but the words put a lot into perspective.

She then begins to explore her art more and becomes comfortable with herself.

She finds stability in an old friend who was a love interest all along.

After one year of not speaking to her mother Astrid agrees to return to the prison for a meeting.

This turns into a confession for Ingrid and a revelation of her life for Astrid.

Astrid begs her mother to stop controlling her life.

"You don't go anywhere until I let you go," says Ingrid.

"Then let me go," replies Astrid.

This is the turning point of the entire film. The confrontation between mother and daughter is the first time Astrid shows her own identity and Ingrid sees it.

I don't want to spoil the ending but I will tell you that a few tears were shed.

Director Peter Kosminsky does an amazing job of bringing this unconventional relationship to life.

The juxtaposition of love and hate, strength and weakness is something that everyone can relate to.

To understand the film you must listen to every word and think about it.

It is one of the most moving films I have seen in a while and deserves four out of five stars.

Aguilera's new video is 'Dirrty'

By **BLAKE GALL**

Christina Aguilera is back with a new album and a racy video that is definitely raising some eyebrows.

Aguilera's first single Dirrty from the album Stripped has created a lot of commotion over the sexual content in the video.

Sporting a bikini and a pair of chaps Aguilera is hiding nothing, including her morals.

The video starts with a shot of her mouth then moves to a motorcycle sequence that isn't too shocking. A sudden switch to her dance number in



Hung

which she is wearing an almost non-existent ensemble is what makes your jaw drop.

"Sweatin' 'til my clothes come off..." sets the mood of sexuality. This is followed by a boxing match which Aguilera wins, another dance in a quilt that barely passes her hip bone, the mandatory dance scene under a waterfall and a few lewd acts with some muscular men. All of it may be more than some viewers are ready for.

Stephana Hung, a 20-year-old pre-optometry student at the University of Waterloo thinks the video is definitely pushing the envelope.



Carayannis

"She is supposed to set an example for young girls," said Hung.

The video is considered so lewd that it has been given a parental advisory and been banned in some European countries.

Vicki Carayannis, 22, of Kitchener, doesn't approve of the imagery either.

"She is sending out the message that sex is good but doesn't say anything about being careful," Carayannis said.

Aguilera is known to have a fan base of adolescent girls who are strongly influenced by her. This video definitely doesn't take that fact into consideration.

"She is using sex to sell but you have to wonder what kind of ethics she has," said Tammy Tramble, 20, a business marketing student at Conestoga.

"The parental advisory is a good

idea but won't really make a difference. Parents don't have time to check advisories before every video," Tramble said.

Adelaide Fonseca, 25, of Cambridge, had a slightly different opinion.

"I wouldn't approve if it was my daughter but if it's her job then I guess it's OK," Fonseca said.

Aguilera's job is to entertain but many people feel this is more than entertainment.

"It's good to have artists who express themselves but they have to take into consideration who's watching," said Carayannis.

"She's young and having fun but she's telling



Tramble

girls to use their sexuality to get what they want," said Hung.

"Christina seems to be using her sexuality a little too much," Fonseca said.

"Maybe we should create a channel devoted to racy music videos, and then people will be ready for it," said Tramble.

Perhaps this entire buzz is what Aguilera wanted. It seems to be getting her a lot of attention whether it is positive or negative.

The million-dollar question is what will she do to gain attention with her follow-up video?

"What's next, intercourse?" questioned Hung.



Fonseca

Sniper shootings postpone movie indefinitely

By **JASON NOE**

The upcoming film Phone Booth has been postponed indefinitely because of the recent sniper shootings in the U.S.

It was ready to be released on Nov. 15, starring Colin Farrell and Kiefer Sutherland. The movie is set in New York and was directed by Joel Schumacher whose film credits include Bad Company, A Time to Kill and Falling Down. Previews of Phone Booth were already being shown in theatres and over the Internet in anticipation of its opening.

Farrell plays a fast-talking publicist that uses the phone booth to call his girlfriend, played by Katie Holmes, so that his wife won't find out that he's cheating. Things start going bad for Farrell when he leaves the booth, and the phone begins to ring while he's waiting to cross the street. He answers the phone to hear that the man on the other end (Sutherland) has a sniper rifle and that he'll shoot if Farrell leaves the booth. To send a message he shoots an innocent bystander walking across the street. The police quickly arrive and think that the shooter is actually Farrell. They demand he come out of the booth, but he can't because Sutherland will shoot him.

20th Century Fox believes that the plot is too close to the real shootings in the Washington D.C. area that occurred during October. The movie was shown at the



(Internet photo)

The release of the movie Phone Booth has been postponed because the plot has too many similarities to the Washington-area sniper attacks. It may be released in 2003.

Toronto film festival this past September and received mixed reviews by critics. A new release date for the movie has not been set, but it could be in 2003.

"I'll support Fox in whatever decision they make regarding a release date," Schumacher said in an interview to Daily Variety. "But Phone Booth and the recent sniper shootings are such different cases, that filmgoers probably won't make comparisons. There are serial killers that haven't been caught,

should they not have released Red Dragon?"

The same thing happened to Schumacher last year, with his film Bad Company starring Chris Rock and Anthony Hopkins. Rock and Hopkins played U.S. agents trying to stop terrorists in New York. But because of the terrorist attacks on Sept. 11, Bad Company was pushed back until June 2002. It was supposed to have opened last December.

This seems to be a growing trend

for Hollywood movies, becoming postponed due to events occurring that are similar in some way. Last year, the Arnold Schwarzenegger action picture, Collateral Damage, was postponed due to Sept. 11 as well. Schwarzenegger played an American firefighter whose family was killed in a terrorist bombing. After, he sets off to find the terrorists for some Schwarzenegger-style revenge. The movie was supposed to debut last fall, but was pushed back until after the new year. Some scenes had to be reshot due to an explosion that collapsed a building in New York.

Big Trouble starring Tim Allen and Rene Russo was also postponed from a potential fall opening because of the events on Sept. 11. It was directed by Barry Sonnenfeld and featured a bomb onboard an airplane. Even though the movie was a comedy, it was decided to delay the opening until early 2002.

Recently, the Kevin Bacon drama, Trapped, about a child kidnapping, was released without any previews or junket interviews by the stars. The film opened on Sept. 20, and followed a series of child kidnappings in the U.S. this past summer. Several young girls were murdered and the cases were featured almost everyday on CNN. The actors, producers and the studio stayed as far away from the publicity drive as possible. Trapped wasn't postponed, but opened very quietly along with several other films over that weekend.

All four films — Bad Company, Collateral Damage, Big Trouble and Trapped — did poorly at the box office. The first three already had previews playing in theatres before their release dates were pushed back. It remains to be seen if Phone Booth will fall victim to the same trend of flopping after being postponed.

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Monty Pythons Flying Circus worth watching

By HALLEY McPOLIN

With the new fall television season here and an abundance of fresh shows on trial, it becomes difficult to determine what is worth watching. Here is an easy solution to the problem: look to the old rather than the new — in this case, Monty Python's Flying Circus.

The show is a British comedy skit show that was written by, and starred, John Cleese, Eric Idle, Michael Palin, Graham Chapman, Terry Jones and American-born Terry Gilliam.

The comedy group was considered highly innovative for the late '60s and paved the way for later

skit shows such as Saturday Night Live, SCTV, Kids in the Hall and Mad TV.

The comedy remains relevant for all audiences, even by today's standards.

Monty Python began its TV run in October 1969 on the British Broadcasting Corporation (BBC) and the show lasted until December 1974. The program often dealt with controversial and political issues such as sex, drugs, racism, religion and lumberjacks. The comedians

were never timid about being the voice of a cynical generation and it is argued the show redefined comedy.

Their humour is often satirical, always zany, and although they like to poke fun at British culture and etiquette, the comedy remains relevant for all audiences, even by today's standards. This fast-paced, typical British humour can be traced all the way back to The Beatles' A Hard Day's Night and beyond, however it's agreed the Python crew took it a step beyond.

With such memorable sketches as Dead Parrot, How Not to be Seen, Nobody Expects the Spanish Inquisition and, of course, the ever-

popular Ministry of Silly Walks, Monty Python has forever engraved their brand of humour in the comedy world.

Another original mixture to the igneous potpourri of capricious comedy was the often-outrageous animation inserts, dubbed by the actors and produced by Python Terry Gilliam himself.

As well as a series, Monty Python also assembled a collection of successful movies, including Monty Python and the Holy Grail (1974) — a satirical look at King Arthur's quest for the Holy Grail, Monty Python's Life of Brian (1979) which poked fun at Christianity, and the somewhat

uneven Monty Python's The Meaning of Life (1983).

Although this gem of a series has long-since finished its production, one can still enjoy its humour through the beauty of syndication. The series continues to air on the Comedy Network, however it's uncertain how long it will remain on the air, therefore it is highly recommended for viewing in the meantime.

So if you happen to be channel surfing, don't be afraid to try "something completely different" and check out the hilarious Monty Python's Flying Circus, Monday evenings at 8 p.m. on the Comedy Network.

Barrymore off to see the wizard

By VANESSA LAYE

We're off to see the wizard, the wonderful wizard of oz; the sequel that is!

Drew Barrymore is set to star in the new movie Surrender Dorothy, which is the sequel to Judy Garland's 1939 classic The Wizard of Oz.

Barrymore, 27, will play a modernized version of the sweet little Kansas girl, Dorothy Gale, but with a twist. Dorothy won't be in Kansas anymore, as the movie will be set in the modern world, with New York City as its location.

Producer Robert Kosberg and Warner Brothers have been developing the venture with Barrymore since 1999.

In the original movie, Dorothy killed the wicked witch by melting her with a pail of water. But in Kosberg's rendition the wicked witch survived, was sent to Oz jail, and is now out for revenge.

Kosberg described the project to AbsluteWrite.com, a writers' clearinghouse Web site, saying, "What if the witch didn't die? What if it was all an act? And now it's the year 2000 and the wicked



(internet photo)

Drew Barrymore is set to star in Surrender Dorothy, a sequel to the Wizard of Oz.

witch is still alive and well, and mean, and green, and she's broken out of Oz jail and she's on her way to New York to get those damn red slippers once and for all."

Every kid loves The Wizard of Oz, and Barrymore will give this movie an adult appeal and a reason to join their kids at the theatre.

Some say Warner Brothers is messing with a screen classic, but we'll just have to wait and see who gets the ruby red slippers after all.

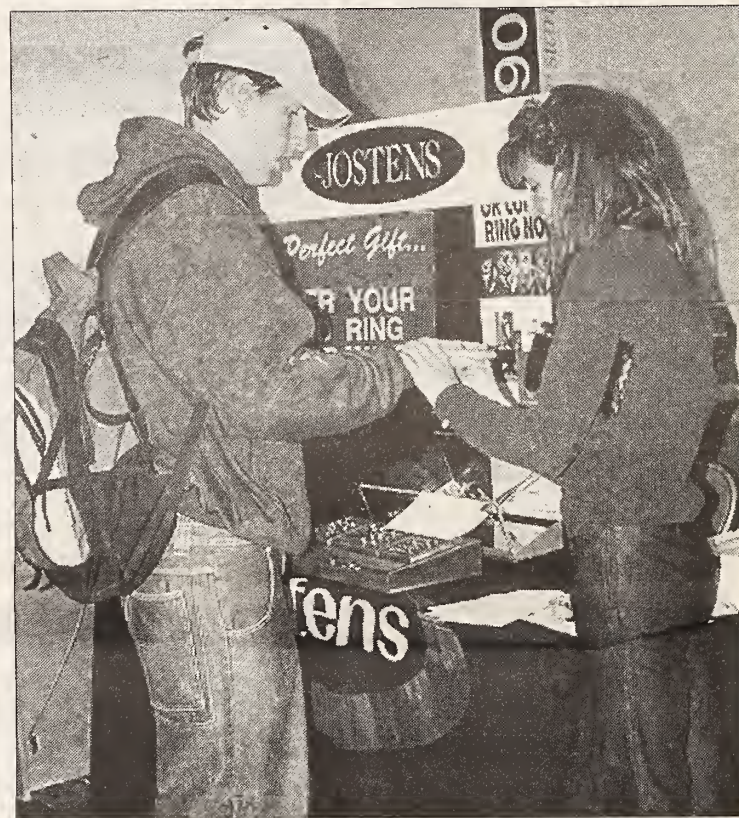
Although Surrender Dorothy

won't be out in the next year, there will be plenty of opportunities to see Barrymore on the big screen.

On Jan. 10, Barrymore's movie Confessions of a Dangerous Mind will be released, followed by the comedy Duplex on Feb. 7, starring Ben Stiller and James Remar.

However, her biggest hit may be, Charlie's Angels 2: Halo. It is sure to be a smash hit in 2003.

The movie opens on June 20, but with a new name, Charlie's Angels 2: Full Throttle.



(Photo by Julianna Kerr)

Ring up a sale!

Third-year mechanical engineering student Rich Hoch gets fitted for a ring by Jostens representative Deb Kalotinis on Oct. 22. The rings take two months to manufacture.

COUNSELLOR'S CORNER: Coming Out

Everyone has a sexual orientation. We may feel attracted - emotionally and physically - to someone of the opposite sex, someone of the same sex, or to people of both sexes. Sometimes, we may even feel as though we are a gender different from that of our birth — and then feel confused about our attractions to others and our choices for a partner.

Conservative estimates suggest that one in ten people are gay, lesbian, bisexual, or transgendered. Typically, while heterosexual people participate in dating throughout adolescence, people of an alternative sexual orientation may begin to explore their sexuality only after they have left the formative years, their family, hometown, or previous personal identity.

Some people make the transition in coming out smoothly: accepting one's sexuality may feel like a period of finally "coming home." However, for others it is a task filled with pain, self-loathing and lack of support. This may be complicated by feelings contrary to messages received while growing up, one's definition of "normal," or one's religious upbringing.

Gay, lesbian, bisexual, and transgendered people need a supportive environment that nurtures positive feelings about their sexual orientation. The road to understanding, accepting, and celebrating one's sexual orientation often cannot be traveled alone. If you are confused about your sexuality, need support, or would like to know of resources available in the community, counsellors in Student Services can help.

A message from Student Services (Room 2B02)

The Ring truly terrifies

By LISA HILLER

The Ring is a good, old-fashioned frightener of a movie. It is unlike the latest scary movies like the Scream and I Know What You Did Last Summer series that make you jump in your seat.

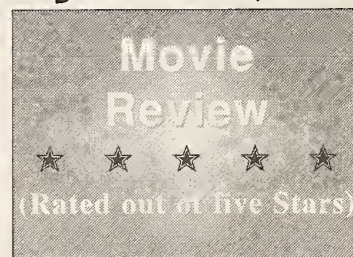
The Ring, in the same way The Sixth Sense did, makes you shiver. It is scary not because of what actually happens, but because of what you are expecting to happen.

The story begins with a sort of urban myth about a short film filled with puzzling scenes that ends with a mysterious phone call.

A young girl dies of apparent heart failure while playing.

A few days later, her aunt, Rachel Keller (Naomi Watts) has a chat with her son Aidan's teacher about his unusual behaviour. Rachel shrugs it off citing the death of her niece days earlier as the reason.

She is less skeptical at Katie's (Amber Tamblyn) funeral when she talks with some of her niece's friends and finds out that three other teenagers are dead and that they watched the same video Katie



did at an inn together.

Katie investigates the ring mystery and unearths new twists and turns in it as she goes. But having obtained the video, Katie finds she is also racing against time to solve the mystery and her life at the same time.

Directed by Gore Verbinski, the movie stars Watts, General Hospital alumni, Tamblyn, as Katie, David Dorfman as Aidan, and Martin Henderson as Noah, Aidan's father, who helps Rachel solve the case before it's too late.

This movie has been related to the indie film, The Blair Witch Project, however The Ring is much more surprising, suspenseful and horrible.

With pictures of death and nightmarish scenes, The Ring is not for the weak of heart.



(Internet photo)

Conestoga College's rugby team placed fourth overall in the province in its first season. Mark Kilgour, the head coach, said the team's standing is impressive considering many players had never played rugby before.

Rugby team 4th best

By CARLA SANDHAM

Conestoga College's first-ever rugby team gave it all they could in season.

The Condors placed fourth overall in the province after losing two games at the Ontario College Athletic Association (OCAA) rugby championships, held at Seneca College in Toronto, Oct. 26 and 27.

However, head coach Mark Kilgour said they played great and their standing is an amazing accomplishment for a first-time team.

"Everyone gave everything they had and I could not have asked more from them," he said.

In the first game Seneca blew out Conestoga 41-0 and the Condors fell 12-0 to the Fleming Knights who took bronze. Seneca went on to take the gold.

"The one thing that hurt us the most was just lack of experience," he said, and added they were also missing a key player.

However, Kilgour said when they first started the team they almost folded due to a lack of players, but somehow "we pulled it all together and finished the season rather well."

The season began in September with a roster of about 26, which dropped to 22 by the season's end.

Brennan Goman, 21, who plays prop, said there wasn't enough players.

"There were a lot of guys playing entire 80-minute games and other times we played shorthanded," he said.

Another hurdle faced by Conestoga's rookie team was inexperience.

"A lot of the guys had never played together before and some had never played rugby at all," said Goman, a veteran rugby player from Centre Wellington in Fergus. He added he had a lot of fun playing on Conestoga's team.

Kilgour said there were only three players who played in club rugby before, while the rest played either high school rugby or football.

The lack of experience also attributed to some minor injuries at the beginning of the season, which set back the team, said Goman.

But, Kyle Gratrix, the Condors' captain, said, "We've come a long way."

Kilgour agreed and said, "We have a lot of good guys."

The season started out with a tie (8-8) against the Mohawk Mountaineers with a two-game losing streak to follow.

However, Kilgour said their best game was the fourth in the season

against the Humber Hawks at Humber College.

"That's when things really came together," he said.

Conestoga won 27-5 against Humber and clobbered the Niagara Knights 75-0 with home field advantage. Goman said their win against Niagara secured their spot in the playoffs.

"We destroyed Niagara," said Kilgour.

The Condors earned their third straight victory 24-3 over the Fleming Auks on Oct. 19.

And in their final match, Oct. 20, they lost 50-7 against the Fleming Knights.

"Rugby is not designed to play two games in two days," said Kilgour. "Our players were tired and worn out in the last game against the (Fleming) Knights."

All in all, Gratrix said the team did well for its first year and after two months "gelled very well together."

"It's a great sport and will do well here at the college," he said.

Kilgour said they are also looking into a women's team for next year and hope to attract a larger roster for both men's and women's rugby.

"We will be having a lot of returning players and should have an even better team next year," he said.

Flag football champs go undefeated

By BRANDI STEVENSON

It takes more than heart to win an intramural flag football championship. Kyle Jarvis, a player for The 68ers, said skill is also an important factor. "We have heart, but no technical ability," he said.

The 68ers lost the season championship to The Grey Bruce Drunks on Oct. 24. The Drunks led the entire game, and finished with an exciting touchdown to make the final score 6-3.

Jarvis, who jokingly referred to the game as "The Super Bowl," said his team "came out and played hard," but were up against a superior team. The team also lost to The Drunks in the first week of the six-week season.

The Drunks finished with an undefeated record. Matt Brown, who scored four touchdowns in the game, cited team work as a reason for their success. "We played as a team," he said, adding the team could "practise a bit more" to improve for next year.

The intramural game plays with different rules than the CFL or NFL. For instance, there are no field goals, and each touchdown represents one point. The players wear a belt with two flags around their waists and pulling a flag off the belt when a player has the ball stops the play. Games

are one hour, with five players per team on the field.

There were five intramural teams this year. The Drunks finished first, The 68ers came in second, and Team 2 was third. They lost to The 68ers in the semifinal round.

The game ended on a high point for the Drunks. It was the last down and the score was 5-3. The 68ers had possession near the Drunks' end zone, and the Drunks intercepted the pass. However, the player who intercepted it could not get through the crowd, so he passed it laterally to another Drunk member. That player could not get through either, so he passed it laterally to Brown, who ran down the field to score the Drunks' final touchdown.

Jessica Sonier, a first-year broadcasting, radio and television student, who helps organize intramurals, said, "All around it was a good season for football." She said the teams had positive attitudes and were enthusiastic.

However, she said they did have one problem towards the end of the season. Two teams forfeited their semifinal game because they didn't show up. She said a reason for this could be poor communication with the teams. To improve this, she suggested "(making) sure information gets communicated to the right people."



(Photo by Brandi Stevenson)

Grey Bruce Drunks player Matt Brown gets ready to throw the ball during the intramural flag football championship game on Oct. 24. The Drunks defeated The 68ers 6-3.

Rugby fastest growing sport in the country

By CARLA SANDHAM

The sport of rugby

Although this was the first year Conestoga College offered rugby as a varsity sport, it has been around the region for a long time.

The Condors' head coach Mark Kilgour said the sport developed after a soccer player picked up a ball and ran with it many years ago.

The game is similar to football, she said, but without any stops in play. He also added there are no forward passes, blocking, or gear in rugby.

Rugby is the fastest growing sport in Canada, said Kilgour, and

has been played in the region since the '60s.

Ken Lippert, president of the Waterloo County Rugby Football Club, said it is a game for all people to play. "Big or small, that is how I market this game for men and women, girls and boys," he said.

Kilgour, Lippert and Heather Seiling, who plays and coaches women's rugby for Waterloo County rugby, all agreed it is a uniquely social sport.

"There is camaraderie like no other sport," Seiling said. "It is customary to always go out with the opposition after every game."

Kilgour added it is the only sport

that considers socializing as part of the game.

"The fellowship in this sport is unmatched by any other sport," added Lippert.

The tradition continues to be carried down by both men's and women's rugby teams.

Seiling said women's rugby, which Conestoga is considering for next year, attracts "oodles of interest."

"There is a lot of pride for women to say they play rugby," she said, adding, rugby is the only contact sport (besides martial arts and boxing/wrestling) for women.

She said a lot of people assume

women play with different rules than men, but they don't.

However, she said the difference according to men's and women's coaches is women play a more technical game, as they cannot rely on their brute strength to plow through people.

"Obviously we can't compete, based on biology, but there is a lot of really hard hitting and huge tackles in women's rugby."

Lippert said there are so many key elements to a game of rugby that keeps it exciting to play and to watch.

Common rugby terms

Try - like a touchdown, but the

ball carrier must get the ball into the end zone and touch the ball down over the goal line for five points

Pitch - what rugby is played on (a.k.a. a field)

Ruck - formed when the ball is on the ground and one or more players from each team are on their feet in physical contact and closing around the ball

Maul - formed when one or more players from each team are on their feet in physical contact and closing around a player who has the ball

Scrum - a precise assembling of specific players that battle for the ball after a penalty



(Photo by Daniel Roth)

Jessica O'Brien-Moyle helps Chris Jensen, a first-year law and security administration student, work out on Oct. 22. O'Brien-Moyle said some men are afraid to ask for help from a woman.



(Photo by Daniel Roth)

O'Brien-Moyle, a certified fitness trainer, works in the rec centre as a weight room attendant. Students can purchase training sessions for \$25 per session, which is significantly lower than at private health clubs.

Fitness centre offers personal training

By DANIEL ROTH

Jessica O'Brien-Moyle started working in the newly renovated fitness centre in September as one of three weight room attendants.

In addition, she also teaches classes in the rec centre such as yoga, kickboxing and cardio knockout.

O'Brien-Moyle has been interested in fitness for a number of years. Over time she turned her interest into a career.

"Weightlifting and fitness was just a hobby for me, and I did training

and aerobics on the side," she said.

Over time she learned a lot more about fitness and helping other people keep fit.

"I would go to a lot of classes and seminars," she said, adding, "I was certified through Aerobics and Fitness Association of America and from there I ended up getting busier and busier."

Her knowledge and interest in fitness got her the job with the school, but as a weight room attendant her responsibility goes far beyond washing towels and wiping down machines.

"As a personal trainer I design safe and effective programs for participants," she said.

"These prices are so low. I would do it now while it's cheap."

*Jessica O'Brien-Moyle,
fitness trainer*

It's strongly recommended that a personal trainer is consulted before someone starts a program.

"If you've never worked out

before, you will definitely need a personal trainer," she said, adding, "If you don't know how to use the free weights or the machines you will eventually end up with an injury."

The school offers an inexpensive training session for \$25 per session. This price is significantly lower than private health clubs and O'Brien-Moyle strongly recommends taking advantage of this deal.

"These prices are so low. I would do it now while it's cheap."

Students and members have already started to use the training

offered through the weight room. But O'Brien-Moyle would like it if more men would ask for help.

"All I've trained are women here, a lot of them are from early childhood education," she said, adding, "Sometimes guys are afraid to ask me questions because I'm a girl. I just want people to be safe."

She said she often notices men eavesdropping on someone else's session, but she doesn't mind that at all.

"If they don't want to ask me questions I like it when they listen in because I want them to be safe."

Condors crash with 4-0 playoff loss to Seneca

By NICK HORTON

The men's soccer team's quest for a championship has come to an end.

The Condors came up short Oct. 22 in Toronto against the Seneca Sting losing 4-0.

The Condors earned a spot in the playoffs a week earlier by defeating the Fanshawe Falcons 1-0. The team was optimistic about their chances of beating Seneca, but couldn't pull it off.

The game didn't start out well for Conestoga. A penalty shot less than 10 minutes into the game forced the Condors to play catch-up for the rest of the game. The game was physically intense and saw a couple of yellow cards.

Although it rained all day causing slippery conditions, Coach Geoff Johnstone wouldn't use the weather as an excuse for the loss. "Our inability to adjust to the weather was the biggest factor in itself, which includes the coach as well as the players," Johnstone said. He added he realized he should have adjusted the lineup earlier during the game, but chose not to. "Some players adjusted to the weather better than others," he said.

When asked if he considered the season a success, Johnstone answered promptly. "Compared to the last two seasons it was a success. Compared to what I thought was possible, no. I thought we had enough to go further," he said.

During the season, Conestoga played six games at home and did not lose one of them. "Home field was like a fortress," Johnstone said. In those six games, the Condors remarkably conceded only two goals.

Johnstone believes inconsistency is what killed the Condors throughout the season.

"It was hard to know which team was going to show up," he said. He noted all but a few players missed a game during the regular season.

Johnstone did not comment on a team MVP, but did say there were three or four outstanding performances during the year. Johnstone is looking forward to the indoor soccer season. Tryouts began Oct. 31.



(Photo by Diana O'Neill)

Slippery when wet

Michael Hunt guides the Zamboni across the ice surface prior to hockey practice at the Recreation Centre on Oct. 27.

Storybook ending for Disney's Angels

By JAMES K. DOYLE

The 2002 baseball season came down to a group of Giants and Angels, and had a heavenly finish.

The Anaheim Angels won game seven of the World Series, giving the franchise its first title in 42 years. The scrappy Angels never gave up and beat Barry Bonds and the San Francisco Giants 4-1 on Oct. 27. But the road to the championship was not easy.

Anaheim lost game one of the Series, which continued their trend of losing the opening game in the playoffs. The Angels lost game one to the Yankees in their divisional series and then lost again to Minnesota in the American League championship series. Anaheim's ace Jarrod Washburn started the game but was no match for Bonds, Reggie Sanders and J.T. Snow. Bonds homered in his first World Series at bat, becoming the 26th

player to do so. However, game one belonged to Snow, a former Angel, who hit a game winning home run in the sixth inning.

Bonds continued his post-season success in game two going 1 for 2 with three walks and three runs scored. San Francisco could not keep up with the American League champions though, as the Angels won game two 11-10. Tim Salmon, Anaheim's franchise home run leader, hit two jacks, including a game-winning 2-run shot in the bottom of the eighth. Bonds made the game interesting in the top of the ninth, hitting a monster home run to centerfield, but it wasn't enough.

After switching to Pacific Bell Park in San Francisco, Anaheim picked up right where they left off in game two, scoring 10 runs to beat the Giants 10-4 and take a two game to one lead in the series. Every Angel position player earned

at least one hit in the game, and Scott Speizo had three RBI. The Angels won game three without hitting a home run for the first time in the series. Bonds though, did go yard for his third home run in three games, becoming the first player to hit seven homers in the playoffs, and first with a home run in each of his first three World Series games.

Game four started with the announcement that Cal Ripkin Jr. breaking the ironman streak was baseball's most memorable moment. After that, it was back to baseball, and the Giants were able to even the Series at two with a 4-3 win. David Bell turned out to be the hero, with a single off of 20-year-old Francisco Rodriguez, who suffered his first loss in the post-season. Rodriguez was almost unbeatable, finishing with a record of 6-1. And although Bonds didn't hit a home run, he continued his record setting performance with three

intentional walks. Catcher Benito Santiago made the Angels pay for walking Bonds with an RBI single in a three-run fifth inning.

Game five was San Francisco's turn to score runs in bunches. Giant's second baseman Jeff Kent got out of his funk in a big way with two two-run home runs. Santiago chipped in with three RBIs as the Giants went on to score 16 runs and take a 3-2 lead in the Series.

Game six meant going back to Anaheim to see if the rally monkey could bring the Angels into a deciding game seven. And the monkey didn't fail. In a miraculous comeback, the Angels fought back with runs in the seventh and eighth to erase a five-run deficit to set up a one game showdown.

Angel's rookie starter John Lackey got the ball for Anaheim, and he didn't disappoint. Lackey gave up one run on four hits in five innings pitched to become the first

rookie to win game seven in 93 years. Anaheim's most consistent hitter finally found his stroke again as he hit a three-run double in the third inning to put the Angels ahead for good. And in the top of the ninth inning, Troy Percival came on to collect his third World Series save. Anaheim's third baseman, Troy Glaus, was honoured with the MVP after hitting .385 with three home runs and eight RBIs.

Glaus beat out baseball's most dominant hitter in Barry Bonds, who silenced critics by hitting .471 with four home runs and a .700 on base percentage. Bonds no doubt would have won the award had his Giants prevailed.

The Disney-owned Angels can now enjoy their offseason as world champions, that is, until they have to wake up the rally monkey, ask Mickey Mouse for a few extra dollars to bolster the roster and start the quest all over again in 2003.

Future looks bright for Jays

By MARC HULET

The Blue Jay dynasty of the early '90s is dead.

But the future is bright.

As fans saw (if anyone was still watching) in the second half of last season, the Blue Jays are stocked with exciting young players at the major league level.

Currently, the Blue Jays are bursting with young talents like Josh Phelps, Vernon Wells and Baseball America's and the Sporting News' rookie of the year, Eric Hinske.

Despite the onslaught of an unprecedented number of exciting, young players to appear in one season, the cupboard is hardly bare in the minor leagues.

The Jays' minor league system is brimming with players who will no doubt make the 2003 and 2004 seasons all the more exciting to watch.

Catcher Kevin Cash received a brief cup of coffee with the Jays this past September but hit only .143 in seven big league games.

Fortunately, Cash is considered a top prospect within the organization because of his considerable talents behind the plate calling a game and throwing out runners.

Cash also hit .277 in 213 AA at bats and then .220 in 236 AAA at bats.

His already impressive defence is improving with each game and despite struggling a little with the bat in AAA, Cash hit 10 home runs after slugging eight at AA.

He still needs more work at the plate but he is expected to be ready around midseason next year.

Guillermo Quiroz is another exciting catcher in the Jays organization with outstanding defensive abilities. Quiroz, 20, was considered the 30th best prospect in the Jays system in 2001 by Baseball America and he hit .199 in low-A ball.

This season Quiroz added offence to his repertoire and hit .260 with 12 home runs and 68 RBI in high-A ball and then ended the season in AAA filling in when Cash went down with an injury.

With Cash ahead of him, Quiroz

will be given ample time to develop.

Dominc Rich is an exciting young hitter who could soon be giving Orlando Hudson some competition at second base.

Rich was taken in the second round of the 2000 draft and has hit everywhere he's played and his average has climbed with each promotion through the minors despite facing better pitching.

In 2002, Rich hit .345 in high-A ball and ended the season with AA. He doesn't hit a lot of home runs or steal a lot of bases but if he can continually hit .300 then the Jays will not hesitate to open a spot for him on the big league roster.

Jason Werth was picked up in a trade with Baltimore for a non-descript pitcher in 2000. He is a former first-round draft choice who, as a catcher, disappointed Baltimore with his slow development.

The Jays have since moved Werth from behind the plate to the outfield, in part due to the emergence of Cash and Quiroz and also to better utilize his speed.

Werth played a full season at AAA in 2002 and hit .257 with 18 home runs, 82 RBI and he led Syracuse with 24 stolen bases. He, like Cash, had a brief major league appearance this past season and showed that he could be ready to take the field on a regular basis for the Jays in 2003.

Pitcher Vinny Chulk spent his first two seasons in the minors bouncing between starting and relieving. Given the opportunity in 2002 to start full time, Chulk blossomed.

In AA Chulk has a 13-5 record with an impressive 2.96 ERA. He utilized a 94-mph fastball, a slider and a changeup to baffle hitters this season.

He was rewarded for his strong season with a late call up to AAA where he figures to start the 2003 season.

Francisco Rosario had probably the best numbers of any Jay's pitcher - outside of Roy Halladay - in 2002. Rosario, 22, started in low-A ball and went 6-1 with a 2.57 ERA in 13 starts. He was then

promoted to high-A ball where he dominated. Rosario went 3-3 in 13 games but had an eye-popping 1.29 ERA. He allowed only 33 hits in 63 innings (a good ratio is normally 1-1).

With the pitching outlook a lot thinner than that of the hitting situation it wouldn't be surprising to see Rosario start 2003 in AA with a promotion to the majors not far away.

David Gassner was stolen in the 24th round of the 2001 draft and ended 2002 in AA.

Gassner uses his exceptional control to succeed, as seen by his 26-104, walk-strikeout ratio. The ratio helped him to go 11-6 with a 3.44 ERA in high A. He finished the season with Tennessee and had a 2.49 ERA in four starts. He could also be seen pitching in Toronto in the near future.

It's not often that a former NBA player makes a splash in professional baseball. Pitcher Mark Hendrickson - who stands 6'9" - is an exception. He is 28-years-old, which is considered ancient for most prospects, but he has only been concentrating on baseball alone for the past couple seasons after retiring from the NBA.

Hendrickson made an impression on the Blue Jays after he was called up to the majors from AAA late in the season.

He went 3-0 with a 2.45 ERA in 16 games and looks like a contender for the major league rotation in 2003.

The 2002 draft only added to the Jays already impressive list of talented youngsters.

The most talented players who were signed include shortstop and first-round pick Russ Adams, first baseman Jason Perry and reliever David Bush.

All three players were drafted out of colleges in the U.S. and should start 2003 in high-A ball.

Despite the recent struggles of the Blue Jays at the major league level, there are many reasons to get excited for the future.

Here's hoping there will still be fans (Canadian fans can be quite fickle and unforgiving) watching when the time comes.

New NHL season brings surprises

By JAMES K. DOYLE

From Mario Lemieux's re-found scoring touch to Jose Theodore's inability to stop the puck, 2002 has seen its share of surprises in the NHL.

In perhaps one of the NHL's most shining moments in recent memory, Super Mario returned to his old self and is tearing up NHL goalies.

Through eight games played this season, Lemieux has 4 goals and 14 assists for 18 points. Lemieux has 10 of those points on the power play to go along with one game winner. Lemieux's impressive play comes after he only played 24 games last season and 43 the year before.

The Toronto Maple Leafs are near the bottom of the standings with only five points thus far.

Lemieux has lifted Pittsburgh into third place in their division and fifth in the Eastern conference. The Penguins were last in their division in 2001-02, and 12th in the conference, 18 points out of the playoffs.

One of the new season's biggest disappointments is the play of Jose Theodore. Last year's Hart and Vezina Trophy winner is 1-3-1 with an appalling .833 save percentage in five games. He has lost his number 1 spot to Jeff Hackett who is 2-0-1 with only nine goals scored against him.

Theodore is coming off his best season and got a big raise in the offseason to come back and make Montreal better. However, the 30-game winner a year ago still has a ways to go to get back to his heroic play of last year.

Jerome Iginla is another player who has not yet found his play of one year ago. The 2001-02 scor-

ing leader and winner of the Rocket Richard trophy and Lester B. Pearson trophy has only two goals in nine games played.

Iggy has five assists to go along with his two goals, but has a -4 rating. Last year, Iginla scored 52 goals and had a plus/minus rating of plus 27.

Iginla needs to score if Calgary is going to have any hope of making the playoffs, and a slow start will do nothing to bring the Flames any closer.

A fresh, quick starter this year is the Minnesota Wild's Bill Muckalt. Through six games, Muckalt has scored five goals and added three assists. This is shocking because last year in 70 games with Ottawa, Muckalt didn't score a goal. He has already reached his point total of one year ago.

Muckalt's new team has also started on a tear. Minnesota is 6-1-1 this year with 13 points, the most in the NHL. New Jersey joins Minnesota as the only other team with six wins.

Philadelphia, Boston, Tampa Bay and Dallas are tied with New Jersey for second overall with 12 points. The Tampa Bay Lightning, with the help from a quick start from youngster Vincent Lecavalier, were the last unbeaten team in the NHL.

Teams that haven't performed well as of yet include the San Jose Sharks, who struggled without number 1 goalie Evgeni Nabokov during his brief hold-out.

The Toronto Maple Leafs are near the bottom of the NHL standings with only five points thus far. This puts Toronto in a tie with the Theo Fleury-less Chicago Blackhawks, the Columbus Blue Jackets and Nashville Predators.

Only the Atlanta Thrashers are worse, with no wins and their single point coming on an overtime loss.

CSI Events for November 2002

Enjoy **Free Pleasure** and other awesome festivities provided by your student association!



November 4	November 5	November 6	November 7	November 8
X-Box on Campus in the Sanctuary (4:30 - 9:00)		Simon B. Cotter Comedy in the Sanctuary (11:30 - 12:30)		
Monday Nighter	Twisted Tuesdays		Pub Night in the Sanctuary	
November 11	November 12	November 13	November 14	November 15
Remembrance Day	Drug and Alcohol Awareness in the Sanctuary	Drug and Alcohol Awareness in the Sanctuary	Drug and Alcohol Awareness in the Sanctuary	
Monday Nighter	Twisted Tuesdays	Bubble Tea in the Sanctuary (starts at 7:30)	Magical Mystery Tour (more info @ CSI)	
November 18	November 19	November 20	November 21	November 22
	Kenny Robinson Comedy in the Sanctuary (11:30 - 12:30)			
Monday Nighter	Twisted Tuesdays		Retro '80s Pub Night in the Sanctuary	
November 25	November 26	November 27	November 28	November 29
Monday Nighter	Twisted Tuesdays		CBSA Semi-formal in the Sanctuary	

Check the Id Boards for more info!